

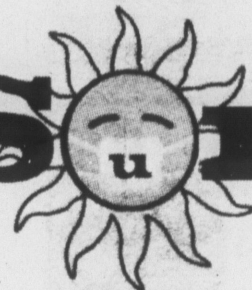


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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

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Thursday, October 15, 2020

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MAIL-IN BALLOTS - Assistant City Clerk Joseph Newton holds and shows some of the 20,000 mail-in ballots that have been requested by Quincy voters in advance of the Nov. 3rd election. The mail-in ballots began going into the mail to the post office for delivery last Friday. Mail-in ballots can be requested online at the secretary of state's website, sec.state.ma.us. The deadline to apply is Oct. 28, but the secretary of state's office recommends residents apply before Oct. 20. Quincy Sun Photo/Robert Bosworth

Early Voting Begins This Weekend

By SCOTT JACKSON

Quincy residents will have a chance to cast their ballots for the upcoming presidential election during a two-week in-person early voting that begins this weekend.

Residents who requested mail-in ballots should also be receiving them this week.

Composite Ballot On Page 14

City Clerk Nicole Crispo discussed those options for voters during the City Council's meeting on Oct.

Cont'd On Page 2

75% Turnout Seen Here

By SCOTT JACKSON

Three-quarters of Quincy's registered voters are likely to cast ballots in the upcoming presidential election, according to City Clerk Nicole Crispo.

If turnout reaches 75 per-

cent, it would surpass the turnout of 72 percent seen in the presidential election four years ago, Crispo said.

"I think there will be a little bit of an uptick," she said.

Cont'd On Page 15

Animal Shelter Design Nearly Complete

By SCOTT JACKSON

The city is putting the finishing touches on plans for a new animal shelter and initial work on site will begin this fall.

The Quincy Animal Shelter currently operates out of a building on Broad Street that opened in the 1980s as a dog pound. That building will be torn down as part of

the plan to construct a new public safety headquarters nearby.

The city plans to open a new animal shelter off Quarry Street in the vicinity of the city's dog park; the two will share an access road. The building will also house the Quincy Police Department's K-9 unit and the city's animal control office.

Mayor Thomas Koch, in a recent interview, said design of the new building has been nearly finalized.

"We had an architect on board and we connected them with the folks from the shelter and our K-9 units,"

he said. "Of course, everybody puts all their wish lists in, and you get this enormous plan, so we've had to do some basic value engineering to get this back to a more manageable - and I

Cont'd On Page 17

Councillors Back Electric Buses

By SCOTT JACKSON

City councillors want the MBTA to bring an all-electric bus fleet to a South Quincy maintenance facility when it opens in 2024.

The MBTA plans to build the new bus depot at 599 Burgin Parkway, formerly home to a Lowe's home improvement store. The new facility would replace a 110-year-old building at 954 Hancock St.

MBTA officials have said the new facility would allow the transit agency to better maintain its buses, add capacity to its bus fleet, and make a transition to battery-electric buses. T officials,

however, have said diesel hybrid buses would likely be used at the South Quincy facility once it opens and have been noncommittal about when the switch to battery-electric buses could be made.

The City Council on Oct. 5 unanimously approved a resolution asking the MBTA to use battery-electric buses at the facility once it opens. The resolution was introduced by Ward 4 Councilor Brian Palmucci and the council's three at-large members, Noel DiBona, Nina Liang and Anne Ma-

Cont'd On Page 4



THE ANGEL FUND for ALS Research Marathon team raised \$40,000 for ALS research through their participation in the recent virtual Boston Marathon. The team ran along the Yarmouth bike path on Labor Day and were congratulated by Dr. Robert H. Brown, Jr. (second from left) and Angel Fund President Rich Kennedy (second from right) at the finish line. Rich, who has run the Boston Marathon for 31 years before his ALS diagnosis in 2016, rode his bike all 26.2 miles. Team members include (from left to right) Matt Bergin of Milton, 30th Boston Marathon; Meghan Osterlind of Malden, 18th Boston Marathon; Russell Becker of Boston, 9th Boston Marathon, and Marty Levenson of Danvers, second Boston Marathon. The Angel Fund for ALS Research is a nonprofit charity located in Wakefield and supports the ALS (Lou Gehrig's Disease) research of world renowned ALS researcher Dr. Robert H. Brown, Jr. at UMass Medical School in Worcester.

Photo Courtesy Angel Fund For ALS Research

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Health Focus: Understanding Plantar Fasciitis - Page 9
First Responders 'COVID-19 Heroes' - Page 17

More Quincy news:

The Quincy Sun.com



Early Voting For Nov. 3 Election Begins This Weekend

Cont'd From Page 1

5. The councillors had requested an update on election access at a prior meeting in September.

The city will use two locations for in-person early voting this month; the same locations were used ahead of the Sept. 1 state primary.

Over the next two weekends – Oct. 17 and 18 and Oct. 24 and 25 – early voting will take place at North Quincy High School at 316 Hancock St. from 9 a.m. to 4 p.m. each day. Voters are asked to use the Hunt Street entrance to access the school's gym, where voting will take place.

On weekdays – Oct. 19 to 23 and Oct. 26 to 30 – early voting will be held inside the City Council chamber on the second floor of the McIntyre Government Center (Old City Hall) at 1305 Hancock St. The polling place will be open from 8:30 a.m. to 4:30 p.m. those days.

Crispo told councillors on Oct. 5 that her office was preparing to mail ballots to residents who had requested one by the end of that week. Some 20,000 residents have requested mail-in ballots.

Mail-in ballots can be requested online at the secre-

tary of state's website, sec.state.ma.us. The deadline to apply is Oct. 28, but the secretary of state's office recommends residents apply before Oct. 20.

For residents who are not yet registered to vote, the deadline to do is Oct. 24.

Quincy residents have four options to return ballots they receive by mail, Crispo said. Residents can hand deliver the ballots to the early voting locations while they are open; hand deliver them to the election office on the second floor of the City Hall annex building during business hours, including until 8 p.m. on Election Day, Nov. 3; drop them off in a kiosk located outside City Hall until 8 p.m. on Election Day; or mail them through the postal service.

Crispo said the city would be adding five-minute parking spaces in front of City Hall for residents who wish to drop off their ballots there. Residents will be able to call the election office when they park to have an employee meet them curbside and pick up the ballot that way if they prefer; the number for the office will be posted on the signs.

Cont'd On Page 15



CITY OF QUINCY has placed a ballot drop off box outside the City Hall glass annex building adjacent to the James R. McIntyre Government Center (old City Hall, background right). Residents who requested mail-in ballots can mail back their ballots through the post office or place their ballots in the drop off box.

Quincy Sun Photo/Robert Bosworth



ABSENTEE VOTING for MA STATE ELECTION

**Absentee ballots are available for the
Massachusetts State Election.**

Quincy voters may vote in person at City Hall
Monday through Friday from 8:30 a.m. to 4:30 p.m.
until Monday, November 2, 2020 at noon.

Voting takes place in the City of Quincy Election Office,
second floor, City Hall glass annex building,
1305 Hancock St., Quincy.

For voters who would like the ballot mailed to them they
must complete an absentee voter application.
Absentee voting applications are available at
City Hall or at quincy.ma.gov.

**To have an application mailed,
please call the Election Office at (617) 376-1144.**

EARLY VOTING



**For the November 3, 2020
State Election**



**YOU CAN EARLY VOTE FROM
OCTOBER 17 - OCTOBER 30**

Saturday & Sunday, Oct. 17/18 & Oct. 24/25

9:00 a.m. - 4:00 p.m. at

North Quincy High School Gym

• Use Hunt Street Entrance •

Monday - Friday Oct. 19 - 23 & Oct. 26 -30

**8:30 a.m. - 4:30 p.m. at Quincy City Hall,
Great Hall, 1305 Hancock St.**



**Voting Is Now More Convenient
than ever and on YOUR Schedule**

Questions? Please Call Us!
617-376-1144 or Email
ncrispo@quincyma.gov

OCT

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2020

Complete Streets Roadway Project Set To Begin

Quarry Street, Granite Street, Coddington Street Traffic Patterns Changing

The City of Quincy's Department of Traffic, Parking, Alarm and Lighting is implementing changes to traffic patterns on Quarry Street, Granite Street and Coddington Street as part of a project to improve overall roadway safety in some of the city's busiest corridors.

"With more vehicles on the roadways traveling in and through our city, traffic assessments on behalf of public safety are a priority," said Mayor Thomas Koch.

Changes to these locations include reconfiguration of roadway markings to expand the city bicycle network and narrow existing travel lanes to reduce speeds. Targeted improvements to sidewalks and ramps to bring them into compliance with the Americans with Disabilities Act will also take place.

The greatest change will come on Quarry Street, where new roadway markings will bring Quarry Street down from two lanes to a single lane in each direction for the length of the street as part of a road diet. According to the Federal Highway Association, road diets are proven to reduce vehicle speeds and crash occurrences on undivided multi-lane roads, while improving mo-

bility for all users.

"This project will address an issue I've been asked about many times over the years," said Ward 4 Councillor Brian Palmucci. "It will make things safer, it will slow cars down along what is a known speed corridor and it won't have a negative impact on traffic into and out of Quincy Center. All in all, it's a welcomed upgrade to Ward 4."

The space created by the road diet will be used for bike lanes and a buffer lined with flexible, reflective delineators. The delineators chosen will provide safety for bicyclists and pedestrians by fully separating them from vehicles. The product selected can be easily removed and reinstalled, so as not to interfere with snow operations and street cleaning.

Granite Street from Walter Hannon Parkway to School Street and Coddington Street from Faxon Avenue to Sea Street will also receive bicycle lanes. Sidewalks and ADA ramps will also be improved on Coddington Street adjacent to the Faxon Field Track as part of this project.

"This project succeeds in expanding our bike network while simultaneously mak-

ing the overall commuting experience for all road users better and safer," said Director of Traffic, Parking, Alarm and Lighting Christopher Cassani. "It's a definite quality of life improvement for Quincy residents."

The project is set to be-

gin this month and continue for several weeks. Funding for this project was awarded to the City by the Massachusetts Department of Transportation as part of the Complete Streets grant program.

The Complete Streets

program funds projects that provide "safe and accessible options for all travel modes - walking, biking, transit and vehicles - for people of all ages and abilities." The City received an award of \$306,969 for these improvements and a pedestrian im-

provement project at the intersection of Southern Artery and McGrath Highway.

For more information regarding this and other projects, visit the Project Highlights portion of Traffic and Parking Department's page at www.quincyma.gov.



THE QUINCY LAW firm of Baker, Braverman & Barbadoro recently celebrated 25 years of providing legal services to their clients. The event was held outdoors at their offices at 300 Crown Colony. Lunch and pastries were provided by Montilio's Wood Fire Pizza Oven and Bakery. Courtesy Photo

Shredding Day Oct. 16 At Kennedy Center

Quincy Elder Services invites seniors to safely dispose of sensitive and personal documents to protect themselves from identity theft and fraud.

A shredding day will be held Friday, Oct. 16 from 10 a.m. to noon at the Kennedy Center, 440 East Squantum St., North Quincy. Tax, fi-

nancial, legal and other documents will be shredded free of charge.

Seniors are asked to remain in their vehicle with their mask on and drive out back behind the center. Volunteers will remove the items to be shredded from your vehicle.

To register, call 617-376-1506.

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Some additional facts: Rate/Annual Percentage Rate (APR) effective as of 10/07/20 and may change. Applies to 1-4 family owner-occupied homes. Assumes a maximum 80% loan-to-value and first mortgage position. Subject to credit approval. A 15-Year Loan would be repaid in 180 equal monthly principal plus interest payments of \$6.79 per \$1000 borrowed, which do not include taxes or insurance premiums, if applicable. So your actual monthly payment will be greater. NMLS #409557



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Moments in time

THE HISTORY CHANNEL

• On Oct. 27, 1659, William Robinson and Marmaduke Stevenson, two Quakers who came from England in 1656 to escape religious persecution, are executed in the Massachusetts Bay Colony for their religious beliefs. The colony had banned Quakers under penalty of death.

• On Nov. 1, 1765, despite widespread opposition in the American colonies, Parliament enacts the Stamp Act, designed to raise revenue for British military in America. The Stamp Act was designed to force colonists to use special stamped paper in the printing of newspapers, pamphlets, almanacs and playing cards.

• On Oct. 28, 1886, President Grover Cleveland dedicates The Statue of Liberty, a gift of friendship from the people of France, in New York Harbor. Originally known as "Liberty Enlightening the World," the statue was to commemorate the Franco-American alliance during the American Revolution.

• On Oct. 30, 1890, Oakland, California, enacts a law against opium, morphine and cocaine. It allowed only doctors to prescribe these drugs, which had been legal for cures or pain relief.

• On Oct. 31, 1957, Toyota hopes to saturate the American market with its inexpensive Toyopet Crown sedans. It was a flop: The car could barely meet California's roadworthiness standards, guzzled extraordinary amounts of gas and oil, and tended to shake violently, overheat and stall.

• On Oct. 29, 1971, Duane Allman, leader of the Allman Brothers Band, is killed when he loses control of his motorcycle and hits a flatbed truck in Macon, Georgia. He was 24. One year later, the band's bassist Berry Oakley died in a very similar motorcycle accident just a few blocks away.

• On Oct. 26, 1984, at Loma Linda University Medical Center in California, Dr. Leonard Bailey performs the first baboon-to-human heart transplant, replacing a 14-day-old infant girl's defective heart. "Baby Fae" survived the operation, but died of heart failure after 20 days.

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Live Online: A Celebration Of Animation

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening online presentation for all ages based on his book, *A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History*, at 7 p.m. Wednesday, Oct. 21.

Gitlin has ranked the greatest cartoon characters ever, such as Popeye, Bugs Bunny, Woody Woodpecker, Scooby Doo, Snoopy and

SpongeBob SquarePants. He will show funny cartoon snippets of characters from the past century, play trivia with patrons, discuss the criteria he used to rank the best of the best and speak about their impact on American pop culture. Adults, teens, kids ... this program is fun for everyone.

Gitlin will have autographed and personalized copies of his book available online for purchase after the

The T Needs To Switch To Electric Buses

By DAVID REICH and LARRY CHRETIEN

At its October 5 meeting, our City Council urged the MBTA to switch to zero-emissions electric buses on all bus routes in Quincy, a change that would happen in 2024, on completion of the planned South Quincy bus barn. In a resolution cosponsored by Councilors Brian Palmucci, Noel DiBona, Nina Liang, and Anne Mahoney, the councilors point out that electric buses have one quarter the carbon footprint of the diesel hybrid buses the T is planning to bring to Quincy, a footprint that promises to diminish and eventually disappear as the electricity supply comes more and more from renewable sources. So switching to electric buses would be another step towards protecting us from the worst effects of climate change—things like the flooding and droughts, hurricanes and wildfires we've been seeing here in Quincy and around the world.

Making the switch to electric buses would also bring public health benefits. Living in a place with heavy vehicle traffic, including the traffic on I-93 and other arteries, most Quincy residents are keenly aware that breathing the air can be hazardous. Take asthma rates, for instance. One in nine Massachusetts residents suffers from asthma—including more than 10 percent of adults and almost 13 percent of children. The Asthma and Allergy Foundation of America named the Boston metropolitan area number eight on its list of the top 20 asthma capitals for 2019, based on estimated asthma prevalence, emergency department visits due to asthma, and asthma-related fatalities. By comparison, New York and Los Angeles, typically thought of as places with unhealthy air, don't even make the top 20 list.

Switching to electric buses would help make our air more breathable. Unlike hybrid diesel buses, which spew 70 percent as much toxic pollutants and particulate matter as the old-style diesel buses, electric buses have zero tailpipe emissions; in fact, they don't even have a tailpipe. And—good news for the T—over their lifetime, electric buses, with their lower fuel and maintenance costs, save substantial money compared to the diesel alternative.

The T explains its decision to bring the people of Quincy yet another generation of diesel buses by asserting that electric bus technology isn't ready for use during Massachusetts winters. It's true that the need to heat the buses in winter reduces the distance an electric bus can travel on a single charge, but that doesn't mean the T is right. For one thing, there are well-known workarounds, including in-

route charging (the buses get charged many times per day during driver break times or while making schedule adjustments), in-motion charging (by overhead wires on part of a route), and optional diesel or propane bus heaters that burn a few gallons per day of fuel while increasing the buses' winter range, for a huge net reduction in pollution and CO2 emissions compared to those produced by any diesel bus. An even lower-tech fix used by many transit systems in colder climates is to garage electric buses overnight rather than parking them out of doors. This keeps the bus interiors warmer, thus reducing the heating load and extending buses' range. Solutions like these have allowed transit systems in places like Oslo and Montreal to bring their cities the benefits of cleaner, quieter electric buses.

The T's analysis contains an additional flaw in that it's based on their testing of 60-foot-long electric buses whose range, they have reported, has been reduced to 60 miles per charge during winter, not enough for a full day of driving on a Quincy bus route. But electric bus technology is improving dramatically year by year; the T won't need to order new buses for Quincy until 2023; the buses it's testing are already outdated, by the T's own admission; and they've never been garaged during overnight hours. What makes the T's testing program even more irrelevant to Quincy is that buses used on Quincy routes are 40 feet long, much shorter than the buses being tested. In Finland, the cities of Helsinki and Turku, with climates considerably colder than ours, have just ordered 100 forty-five-foot-long electric buses. Even if those buses' winter range is half the 250 miles being claimed by the manufacturer, it would suffice for all but a few Quincy bus routes.

Considering the growing sentiment in Quincy against a new-generation of diesel buses and the T's expressed desire to be good neighbors, we sincerely hope T management will heed the call of our city council. As the councilors suggest, T managers should reconsider their plans and open their minds to the real capabilities of today's electric buses and the benefits they promise to bring to our city.

David Reich is board chair of the Quincy Climate Action Network.

Larry Chretien is executive director of the Green Energy Consumers Alliance.

Councillors Back Electric Buses

Cont'd From Page 1

honey.

DiBona said switching to an electric fleet, rather than a hybrid one, would reduce the emission of greenhouse gases like carbon dioxide as well as pollutants that can cause asthma.

"The diesel engines are obviously polluting the atmosphere. It causes asthma in otherwise healthy people," he said. "This will also be a cost savings over time."

Mahoney said no buses that run on diesel should be based out of the new bus depot.

"If we have the bus depot over there, then we can't have it be diesel," she said. "This is the most important

thing that we need to do in the city of Quincy when it comes to making sure that we are being energy efficient."

In the resolution, the councillors said the diesel buses in use today on just one of the routes originating from Quincy Center, the 215 bus, emit one ton of carbon dioxide emissions daily. Battery-electric buses, the councillors wrote, have one-quarter of the carbon footprint of their diesel counterparts; the electric buses' carbon footprint is also expected to shrink as more and more of the state's energy is drawn from renewable sources.

In addition, the councillors said more than 10 percent of adults and 13 percent of children in Massachusetts have asthma. Diesel emissions can cause asthma in otherwise health individuals, the councillors wrote, and diesel exhaust is a carcinogen.

The councillors said the battery-electric buses would also generate less air and noise pollution in the surrounding areas than hybrid models. Hybrid buses lower tailpipe emissions by 30 percent compared to the

current diesel models, while battery-electric buses have no tailpipe emissions.

The councillors also noted battery-electric buses

would save the MBTA money in the long-run compared to hybrid models because of reduced fuel and maintenance costs.



CITY COUNCILLORS and Quincy Climate Action Network are urging the MBTA to switch to zero-emissions electric buses from buses powered by diesel engines. A diesel-engine bus is pictured above with visible carbon emissions in the air.

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Scenes From Yesterday



THIS 1908 real photo postcard is a view of Lincoln Avenue in what was known then as Wollaston Heights. This was one of the first sections of Quincy laid out for development by the land companies that saw the potential of Quincy as a suburb of Boston. The Heights consisted of three hills, or glacial drumlins, that were bordered by Newport Avenue, Beale Street and Adams Street. All of this area was previously farmland. Beginning in 1870, purchasers of house lots were lured by

offers of three years of free transportation to Boston on the Old Colony railroad. The Wollaston Depot was built for this purpose. At the time there were no trees on the hills and spectacular views ranged from Boston Harbor to the Blue Hills. Many Boston businessmen built the grand homes that stand here today. This old winter scene shows why homes built then had mudrooms at their entryway.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1990
30 Years Ago

Mullen Sees Tight Money Top Challenge

When Quincy Police Chief Francis E. Mullen was appointed in early Sept. by Mayor James A. Sheets the mayor cited Mullen's experience and ability to make difficult decisions in tough financial times.

Mullen, 58, a former lieutenant and a 33-year veteran of the force, will be put to the task soon.

Mullen said managing the department under tight fiscal restraints would be his biggest challenge. As for changes and reforms in the department, Mullen said, much of the department's future hinges on the outcome of the tax rollback, petitions sponsored by the Citizens for Limited Taxation.

Once Question 3 on the Nov. 6 ballot is answered by the voters, Mullen says he would begin making reforms such as manpower realignment and possible utilization of the city's auxiliary police. (Editor's note: The CLT rollback petition was defeated statewide. In Quincy Question 3 received 14,443 (39%) YES votes and 21,876 (60%) NO votes.)

PRESIDENTS PLACE OPENING

USHERS IN NEW DOWNTOWN ERA

Presidents Place, the \$60 million mixed use development located in Quincy Square, officially opened its doors ushering in what officials hope is the beginning of a renaissance in the historic downtown area.

Some 300 business people, community leaders, city officials and residents attended the festive grand opening ceremony held inside the complex's three-story glass and marble atrium. The atrium is located between one eight-story tower and one five-story tower.

Mayor James A. Sheets called the opening of Presidents Place the beginning of a renaissance and a decade of positive change.

Sheets credited former Mayor Francis X. McCauley and his former Planning Director James Lydon for beginning the city's planning on the project. In his second Inaugural Address in 1984, McCauley mentioned that the Bargain Center area of the Square was underutilized and some positive changes should take place.

In 1985, the Ricciardi family joined Boston Five Cents Savings Bank and the Capanelli Family Trust in a venture to build the project.

QUINCYISMS

City Clerk John M. Gillis announced the latest voter registrations for Quincy. Total registered voters, 46,748; 27,952 Democrats; 11,748 Independents; 6,820 Republicans, and other parties, 228... The Most Blessed Sacrament Church will close its 75th anniversary celebration with a parish dinner-dance reunion, Friday, Oct. 19 at Lantana in Randolph. The Most Blessed Sacrament parish was named by William Cardinal O'Connell "in recognition of the Feast of the Blessed Sacrament," the day it was dedicated in June 1915, when it became a separate parish. The Rev. Mark E. Madden, first pastor, directed the construction of the new English Village Gothic church on the corner of Sea and Darrow Streets... Quincy High School Principal Lloyd H. Hill announced that Sarah E. Goodman and Allan P. Larson had been named Commended Students in the National Merit Scholarship Program... Lucinda Dohanian, daughter of Vivian Coffee and Zaren Dohanian, was named to the Dean's List at Eastern Nazarene College for the spring 1990 semester... The Quincy High School Class of 1955 was planning to hold its 35th anniversary reunion, Sat., Nov. 10 at the Ridder Country Club in Whitman. Contact persons included: Betty (Cullen) McLean, Jane (Kinniburgh) Albasini and Vin Moscardelli... Rev. Kirk Johnson, Co-Pastor, with Rev. Kathleen Graves, was scheduled to preach the Sunday sermon at the 10:45 a.m. worship service at the Covenant Congregational Church, Whitwell and Granite Streets. His topic: "Hope in the Land"... The West Quincy Congregational Church, Buckley St., West Quincy, was to celebrate its 95th anniversary, Sunday, Oct. 14 at 4 p.m. Mayor James A. Sheets was to bring greetings from the city... Cerebral Palsy of the South Shore was scheduled to honor the memories of John J. Sullivan, Sr., and Christopher F. Kennedy at an awards dinner, Thursday, Oct. 25 at the Quincy Neighborhood Club. Kennedy and Sullivan were both past presidents of Cerebral Palsy and were to be the first recipients of the awards dinner. (Editor's note: This writer was privileged to serve on the school committee with both John Sullivan and Chris Kennedy. They were both fine men)... The Bank of New England, with an office in Quincy, was offering a "Business Money Market Account with a Simple Annual Interest Rate of 8.10%"... Bernard Cardinal Law offered the Mass commemorating the 150th anniversary of the establishment of St. Mary's Parish in West Quincy. Assisting Cardinal Law was St. Mary's Pastor Fr. Ronald Bourgalt, Fr. Dan Hunt and Fr. Bryan Parrish. Quincy High School football coach Jack Raymer presented Cardinal Law with a "Presidents Pride" sweatshirt.

Quincy Arts Council Accepting Grant Applications; Online Application Process, Nov. 16th Deadline

Quincy Arts Council is now accepting applications for Massachusetts Cultural Council 2021 Local Cultural Council (LCC) grants. The LCC grants are the primary means by which the state funds cultural activities in local communities.

Any organization, group or individual engaged in a project in the arts, humani-

ties, or science in Quincy is invited to apply. Applications are completed and submitted online. Paper applications are not accepted.

Applicants may submit their application at any time from now until Monday, Nov. 16, 11:59 p.m.

Applicants should review Massachusetts Cultural Council Guidelines,

which now include a link to special guidelines relating to the COVID-19 situation, and Quincy Arts Council Priorities before filling out the application.

All these materials, including the application, can be found, and the application filled out and submitted at www.mass-culture.org/quincy.

Persons with any questions about the program or process should e-mail quincyartsCouncil@gmail.com.

Persons may also call Quincy Historical Society at 617 773-1144, say that they are inquiring about the "Quincy Arts Council," and leave a message. Their call will be returned.

READERS FORUM

Letter Writer Still Asking For Hiring Data

As one of the authors of the so called "knee jerk" reactions, I implore the writer to bring the statistics to the table. This is the third time I have asked for specific incidents or data to prove the allegations such as, "But when the incidents are reported, and they have been, the reporter is attacked (I presume verbally) and the report is discounted. She also stated that the percentages are skewed. What percentages? I am not aware there is hiring in any department by percentages. If so enlighten me.

She accuses anyone who doesn't necessarily agree

Jessamine Bearchell
Enrolled At
Hofstra

Jessamine Bearchell of Quincy has enrolled at Hofstra University in Hempstead, N.Y.

with her "If you do not think there is racial bias in hiring in Quincy, it is because you decided not to look at the data." Yet she or the Task Force haven't provided any specific source of the data they keep referring to. I do not know the author of the post I am responding to and I'm sure she doesn't know me, so I don't know

how she can judge what I look at or what I don't look at.

So I will repeat what I have said in previous posts. If there has been inequities in hiring practices on a racial basis, it should be dealt with. It's not a perfect world or maybe not an imperfect system. If what I said was "knee jerk" then so be it. I

do not apologize for it. If you want to throw innuendos around without substantiation, I don't think it helps the agenda you're trying to move forward. I'm all in with fairness with qualification in any career anyone chooses. That's all I have asked.

Edward Spring
Quincy

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Officials Offer Tips For A Safe, Healthy Halloween

For residents planning to celebrate Halloween, the Massachusetts Department of Public Health (DPH) announces safety tips to help limit the risk of exposure to COVID-19.

DPH is also reminding residents and communities to be aware that Halloween activities are subject to the current state gathering size limits as well as applicable sector-specific workplace safety standards.

Tips for a Safe and Healthy Halloween

Consistent with the Halloween activity guidance released by the US Centers

for Disease Control and Prevention, some recommendations to keep in mind in celebrating Halloween this year include:

- Enjoy Halloween outside rather than attending indoor events.
- Place candy on a platter instead of a bowl.
- Instead of traditional trick-or-treating, opt for one-way trick-or-treating, with treats placed outside of the home for trick-or-treaters as a "grab and go" while keeping distance from others.
- Consider leaving hand sanitizer by any treats left out for trick-or-treaters to

use.

- Wear a face mask or face covering. For more information on face masks and face coverings, see the state's Mask Up MA! webpage.

• A costume mask is not a substitute for a face mask or face covering. To protect yourself and others, ensure you are wearing a protective face mask or covering instead of or in addition to a costume mask.

- Observe good hand hygiene, including hand washing and use of alcohol-based sanitizers with at least 60% alcohol. Carry hand sanitizer and use it often, espe-

cially after coming into contact with frequently touched surfaces and before eating candy.

- Refrain from touching your face.
- Decorate your yard for others to enjoy from their car or while on a socially-distanced walk.
- Hold virtual costume contests or pumpkin carving events.
- Celebrate with members of your household with a Halloween-themed meal, Halloween movie night, or by preparing a Halloween scavenger hunt.
- Maintain social distancing of at least 6 feet of

physical distance from all other participants who are not members of the same household.

- Avoid:
 - o Attending crowded costume parties held indoors, or any gatherings that exceed indoor or outdoor gathering limits;
 - o Going to an indoor haunted house where people may be crowded together and screaming; and
 - o Going on hayrides or tractor rides with people who are not in your household.
 - o Indoor haunted houses.
 - Stay home and refrain from Halloween activities,

including handing out Halloween treats, if:

- o you feel unwell;
- o you have tested positive for COVID-19;
- o you have been exposed to someone with COVID-19; or
- o you have traveled to or from a state that is not classified as lower risk within the last 14 days. For more information on lower risk states, see the state's COVID-19 Travel Order webpage.

For specific guidance or questions regarding Halloween activities in your own city or town, contact your local health department.

BOND Building Wins Award For South-West Middle School

BOND Building Construction, Inc. (BOND Building), a full-service construction management and general contracting firm, has received a Construction Management Association of America (CMAA), New England Chapter Project Achievement Award for the South-West Middle School, in Quincy.

BOND Building accepted the award at the 2020 CMAA-NE Mark H. Hasso Project Excellence and Scholarship Awards Program, held virtually on Oct. 2. The 26th annual event was dedicated to the life and legacy of the late Professor Mark H. Hasso.

"We are proud to be a part of the CMAA New England Project Achievement Awards and grateful for this recognition," said Frank Hayes, president of BOND Building. "We had a great project team for South-West Middle School. Each team partner knew how to work together effectively to deliver a building that will

serve the city of Quincy for many years to come."

The \$58 million, 96,000 square-foot facility features collaborative learning spaces, a media center, gymnasium, music and art rooms, administrative offices, a two-story café with pedestrian bridge, and an auditorium. The innovative learning facility is complete with STEM circulation zones that encourage project-based learning, and an open floor plan with glass walls to create a synergistic environment. Ai3 Architects, LLC was the architect and PCA360 served as the owner's project manager. Mayor Thomas P. Koch provided hands-on leadership along with the school administrators, faculty, and staff.

During the course of the two-year project, BOND Building developed phasing and logistic plans, constructability analyses, proposed value engineering alternatives to maintain the project budget, and then constructed the new building



SOUTH-WEST MIDDLE SCHOOL in Quincy. Courtesy Photo

just a few feet away from the Sterling Middle School, the occupied building being replaced.

With the new school being built directly behind the old school, BOND Building turned the opportunity into a teaching moment and fa-

cilitated classroom learning sessions with South-West Middle School students to

coincide with project milestones and STEM curriculum. Students who were in-

terested in the construction even established their own Junior Building Committee.

COVID-19 Vaccine Advisory Group

The Baker-Polito Administration recently announced a COVID-19 Vaccine Advisory Group to advance its efforts to prepare to distribute a safe and effective COVID-19 vaccine once it becomes available.

Comprised of medical professionals, public health experts, elected officials, community leaders and infectious disease specialists, the COVID-19 Vaccine Advisory Group will advise the Administration, including the Massachusetts Department of Public Health (DPH) and the COVID-19 Command Center, on communication, distribution, and equity issues relating to a COVID-19 vaccine.

The Commonwealth has actively been working on preparedness and planning for a COVID-19 vaccine since early August. This work builds on and enhances the state's experience in distributing approximately 3 million vaccine doses each year. The group will help inform the

planning and preparedness work already underway and further strengthen efforts to successfully and equitably allocate, distribute and administer a safe and effective COVID-19 vaccine.

Over the past decade, the Commonwealth has invested in the state-of-the-art Massachusetts Immunization Information System, which serves as the state's vaccine registry, ordering system and inventory mechanism. More than 3,000 provider sites currently report their data to this system, and DPH is actively onboarding an additional 1,000 clinical sites to further enhance the distribution and tracking of a COVID-19 vaccine.

Working closely with DPH leaders, particularly DPH Medical Director Dr. Larry Madoff and DPH Assistant Commissioner Kevin Cranston, members of the COVID-19 Vaccine Advisory Group include:

Dr. Paul Biddinger, chairperson, Mass General Brigham; Dr. Barry Bloom,

Harvard T.H. Chan School of Public Health; Dr. Vincent Chiang, Boston Children's Hospital; Michael Curry, Esq., Massachusetts League of Community Health Centers; Dr. Robert Finberg, University of Massachusetts Medical School; State Senator Cindy Friedman, chairperson of the Joint Committee on Health Care Financing; Dr. Marc Lipsitch, Harvard T.H. Chan School of Public Health; Quincy state Rep. Ronald Mariano, House Majority Leader; Wanda McClain, Brigham and Women's Hospital; Dr. Asif Merchant, Mass Medical Society; Mayor Daniel Rivera, City of Lawrence; Dr. John Rocchio, CVS Health; Dr. David Twitchell, Boston Medical Center; Rev. Liz Walker, Roxbury Presbyterian Church; Phoebe Walker, Franklin Regional Council of Governments; Dr. Simone Wildes, South Shore Hospital and Dr. Sharon Wright, Beth Israel Lahey Health.

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Public Access Channel 8

Thursday, October 15
5:00pm: Bethany Congregational Church
8:00pm: Messages from the Candidates

Friday, October 16
11:30am: Currently in Quincy
7:00pm: Messages from the Candidates

Saturday, October 17
12:00pm: Messages from the Candidates
7:00pm: The Call

Sunday, October 18
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, October 19
11:30am: Currently in Quincy
8:00pm: NQHS vs. Nauset Football '09

Tuesday, October 20
7:00pm: AM Quincy: Mayor Thomas Koch
8:00pm: Messages from the Candidates

Wednesday, October 21
5:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, October 15
4:00pm: Zoning Board of Appeals 10/13
6:00pm: LIVE: City Council Ord/Oversight Com.

Friday, October 16
6:00pm: Climate Preparedness: Throwaway Culture

Saturday/ Sunday, October 17/18
8:00am: MA House of Reps Session 10/5
8:30am: In the Know: Presidential Election Preview
12:00pm: City Council Ord/Oversight Com. 10/15
4:00pm: Zoning Board of Appeals 10/13
6:00pm: Climate Preparedness: Palaces for People
7:00pm: City Council Ord/Oversight Com. 10/15

Monday, October 19
6:25pm: LIVE: City Council Public Hearings
6:30pm: LIVE: Quincy City Council

Tuesday, October 20
10:00am: At the Kennedy Center: Exercise w/Karen
12:30pm: At the Kennedy Center: Eldys' Yoga I

Wednesday, October 21
1:00pm: Zumba Gold II w/Mary Ellen Reardon
7:00pm: Climate Preparedness: Economics
8:05pm: Climate Preparedness: Racial Justice

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

OCT

15

2020

Social Security Matters

Ask Rusty – About The Mystery Of Spousal Benefits

By RUSSELL GLOOR
AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: From what I've researched, the formula for spousal benefits seems very complicated. I read somewhere that it was a good idea to start the lower earning spouse's benefit at age 62 and have the higher earning spouse file at full retirement age, for the spouse to get maximum benefit. But that information does not seem correct from other things I've read. Please help me clear this up. My wife's birth year is 1956 and she now gets \$656/month in Social Security benefits after claiming at 62. I have not claimed my benefits yet and Social Security's estimator says I qualify for about \$2850/month when I reach full retirement age. My birth year was 1957. So, if I take my benefit now at 63 will my wife's benefit go up? And if I wait until my full retirement age to claim, will she get half of my benefit? I've tried to research all of this, but it is still very unclear. **Signed: Seeking Knowledge**

Dear Seeking: Yes, the spousal benefit formula is complicated, especially when both of you are entitled to your own Social Security benefits. And there's never a simple answer to whether it is a good idea for the lower earning spouse to start benefits first at age 62. For one thing, it depends upon whether they are still working, but it also depends upon health, life expectancy, and need for the money early.

Nevertheless, if your wife's current age 62 benefit is \$656, then her benefit at her full retirement age (had she waited) would have been about \$895. This is known as her Primary Insurance Amount, or "PIA." Spouse benefits are computed using PIA amounts, so if your full retirement age (FRA) benefit will be \$2850, here's how your wife's spousal benefit will be calculated if you claim your SS after your wife has already reached her FRA:

- 50% of your FRA benefit (PIA) is \$1425. Because your wife's PIA is \$895, her spousal boost is \$530 (\$1425 - \$895). Her spousal boost (\$530) will be added to her actual early benefit (\$656) and her new benefit amount as your spouse, at her FRA, will be about \$1186. Obviously, less than half of your FRA benefit amount.

The computation changes if you claim your SS benefit now, before your wife has reached her full retirement age, because getting her spouse benefit before her FRA means her spousal boost will be reduced (she automatically gets her spousal benefit when you claim).

The reduction to the spousal boost is actuarial, according to the number of months before her FRA that it is taken. If you were to claim now when your wife is 64, her spousal benefit would be computed like this:

- The spousal boost amount of \$530 would be reduced because your wife hasn't yet reached her FRA. Instead of the full \$530 spousal boost, it would be reduced to about \$442. The reduced spousal boost is added to your wife's early SS benefit of \$656, for a total benefit of about \$1098. Once again, less than 50% of your FRA benefit amount.

So, as you can see, because your wife took her own benefit at age 62, she cannot get a spousal benefit equal to 50% of your FRA benefit, regardless of when you claim. If you claim your Social Security before your wife reaches her FRA, your wife's spousal boost amount will be reduced, further lowering the total benefit amount your wife is entitled to as your spouse. The basic rule is this: any time any Social Security benefit is taken before one reaches their full retirement age, that benefit is reduced. And a spouse who claims their own SS retirement benefit before FRA will never get a spouse benefit equal to 50% of the other spouse's PIA.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Blue Cross Blue Shield Serves Non-Profits

Blue Cross Blue Shield of Massachusetts, Inc. recently participated in Service Week, the company's 10th annual company-wide volunteer event.

From Sept. 21-25, 2,700 Blue Cross employees volunteered for 65 virtual and in-person service projects supporting 70 nonprofits across Massachusetts. Two of the projects were Quincy-based.

At Interfaith Social services, Blue Cross associates helped support Interfaith Social Service's food pantry by re-stocking pantry shelves, bagging groceries and distributing them to clients through a contactless, curbside delivery.

Blue Cross also hosted a blood drive at its Quincy headquarters at 1 Enterprise Dr. There is a critical need for blood due to cancellations of blood drives across the state as a result of COVID-19.

This year's service event was reinvented to respond to the twin crises of COVID-19 and racial inequities, with an emphasis on employee education and engagement. It was also extended to a week, rather than the traditional day of activities.

"The events of 2020 have spotlighted the health inequities affecting our communities," said Andrew Dreyfus, president and CEO of Blue Cross Blue Shield of Massachusetts. "We are excited to expand our Service Day into a week-long opportunity for our employees to not only serve our communities, but also to



BLUE CROSS BLUE SHIELD associates helped support Interfaith Social Service's food pantry by re-stocking pantry shelves, bagging groceries and distributing them to clients through a contactless, curbside delivery. The service project part of Blue Cross Blue Shield's company-wide Service Week. Courtesy Photo

learn more about systemic barriers to health and the solutions that can move us forward."

Most of the company participated in educational sessions featuring cross-sector leaders from nonprofit, healthcare, and civic organizations focused on promoting health equity. Panelists include David Waters, executive director of Community Servings, Dr. Aaron Bernstein, interim director for Harvard Chan School of Public Health's Center for Climate Health and the Global Environment, Dr. Thea James, associate chief medical officer at Boston Medical Center and Rosario Ubiera-Minaya, executive

director of Amplify Latinx.

Approximately 2,400 employees also took part in remote projects from their homes, such as making birthday banners to lift the spirits of children in the hospital, writing letters to isolated seniors, and making blankets to donate to community members facing mental health challenges, depression and substance abuse.

More than 300 employees volunteered in-person, practicing strict safety protocols, at nonprofits including the Greater Boston Food Bank, Joined Forces in Chicopee, and the Urban Farming Institute in Mattapan.

Blue Cross provided

a grant for materials or a speaking honorarium to each participating nonprofit to support their mission, for a total contribution of \$775,000 in grants and volunteer hours during Service Week. Since its inception in 2011, Blue Cross has made more than \$9.2 million in community contributions on the annual volunteer day.

To address COVID-19 and health inequities, Blue Cross and its Foundation also have committed \$10.6M million in financial support, pro-bono and in-kind support, including \$1 million to The New Commonwealth Racial Equity and Social Justice Fund.

Quarry, Granite Workers Museum Opening

The Quincy Quarry and Granite Workers Museum will open on Saturday, Oct. 17th and Sunday, Oct. 18th from 10 a.m. to 3 p.m. for a self-guided walking tour at the Lyons Turning Mill grounds located on Quarry Hills Drive, West Quincy.

Historic pictures of the

granite industry and interpretive information can be viewed at each stop around the mill. The museum will also be open for a self-guided tour to view pictures and artifacts from Quincy's granite industry.

During the walk around the mill and the museum,

visitors must adhere to all of the COVID-19 guide lines including full face mask, social distancing and following directional arrows. All guidelines will be posted. Museum members will be on hand to answer questions and Quarry Museum T-shirts will be on sale to

help the museum through this period.

This opening is in conjunction with Massachusetts Archeology Month. If rain on either day both museum opening and walk around mill will be postponed for a later date. Any questions call the museum at 617-472-1322.

Marilyn Lam Earns Master's Degree At Ohio University

Marilyn Lam of Quincy recently graduated with a Master of Business Administration from Ohio University

in Athens, OH.

Lam was among the more than 1,900 students who graduated with bach-

elor's, master's or doctorate degrees from Ohio University for summer semester 2020.

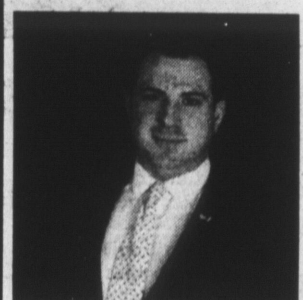
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QATV To Celebrate Community Media Day, Reflect On The Year

Quincy Access Television (QATV) provides television and online programming of community interests and governmental meetings.

When COVID-19 hit in March this year, QATV shifted into high gear, not only to deliver the same level of local programming, but also to disseminate crucial information on the virus from Mayor Koch, Health Commissioner Jones and other city leaders. Residents received updated information daily about the virus, and what they needed to do to remain safe, as we all chartered new ways of living, and adapted to new ways of life.

As schools, city offices and businesses began shut down, QATV worked closely with city and state officials, and continued to

broadcast this critical information from home; no easy task for a television station, but they recognized the vital role they played for our community.

"Access to local news and information was more critical than ever at the outset of the pandemic," said Jonathan Caliri, acting executive director of QATV. "We quickly adapted our workflow to ensure information was being delivered in a timely manner. Through our channels, website and podcasts, QATV was the conduit through which residents could get up to date information."

"QATV has been a steadfast resource during the pandemic," said state Rep. Tackey Chan. "The staff and volunteers are dedicated to ensuring that our community members are well

informed and that important information and resources make it into the hands of all Quincy residents. Thank you to QATV for your continued dedication to our community."

QATV worked as a team along side several city departments, as well as local non-profits to push vital information out to the public, regarding the ways in which residents and businesses could be helped in these trying times. Residents were kept abreast of all of the information coming from Governor Baker's office.

The Thomas Crane Library and the Kennedy Center worked alongside QATV to furnish the community some basis of normalcy. In the case of the Thomas Crane Library, QATV was there to edit and enhance all of the content that the

library generated, as they continued to provide programs virtually over Zoom. QATV also partnered with the Kennedy Center to film exercise classes, so that our seniors could continue their exercise routines in their own homes, along with their favorite teachers. Senior programming can be found at: qatv.org/SeniorPrograms

QATV assisted the Quincy Public Schools, by providing an additional platform to get crucial information out to parents and guardians regarding the efforts made by Superintendent Mulvey and his staff to keep students safe in their return to school this fall. And QATV provided an additional channel to broadcast school committee meetings and virtual parent meetings.

Quincy Asian Resources Inc. (QARI) turned to QATV for help when the pandemic cancelled the 33rd annual August Moon Festival. A joint effort ensued between many community leaders, but it was both the staff of QATV and QARI, that worked together to facilitate the collection of video from performers, sponsors and local politicians. QATV edited this video together to produce a 90-minute virtual August Moon Festival, which was enjoyed by countless residents. Philip Chong, President and CEO of QARI said "This festival means a lot to the Asian and immigrant community. It is an event for celebrating the cultural diversity and the spirit of Quincy." You can view this content at: [quincy-asianresources.org/august-](http://quincy-asianresources.org/august-moon-festival)

moon-festival

Mark Crosby, Government Access Coordinator at QATV has consistently brought residents City Council meetings, License Board meetings and more recently, Zoning Board meetings and Joe Catalano, Producer, continues to be the voice of Quincy by providing daily news regarding the pandemic on channel 8's 'AM Quincy' from 7-9am, as well as QATV's news and information show 'Currently in Quincy', which can be seen live on Mondays and Fridays at 11:30am on channel 8.

Within this past year QATV has moved into streaming content at qatv.org from both channels 8 and 9 and has begun to offer video on demand (VOD), providing residents the latest local news at their convenience. All shows produced by QATV can be found at: qatv.org/VOD

For members who rely on QATV for training and guidance in producing their own shows, who found themselves missing the day to day interaction, QATV has provided regular Member Socials over Zoom, offering its members the opportunity to come together and stay connected, as well as have the chance to run things by the staff.

Many of QATV's classes are now held virtually over Zoom, where members are learning new skills on how to produce shows with their smartphones and edit them at home. During this pandemic QATV recognizes that life has changed for so

many residents and they encourage all residents to sign up and take these classes at no cost. It's the perfect opportunity to learn a new skill, all while classes are free and no membership is required. Available classes can be found at: qatv.org/classes

As QATV celebrates 'Community Media Day' on Oct. 20th they are reflecting on this unprecedented year that we have all experienced, a year that has shined a bright light on the vital role that local news coverage plays in all of our lives.

"Community media plays an important role in 2020," said Caliri. "Larger media outlets are cutting budgets and staff, resulting in less community news. QATV has done the opposite and increased its community coverage; more local news and more interviews with local politicians, leaders and Quincy-based service organizations."

Local access, referred to as PEG (public, education, and governmental) coverage derives its revenue through a small access fee on monthly Comcast bills. Each year, as more and more citizens choose streaming services over cable, funding resources become smaller, and access centers across the country are now working creatively, as well as, legislatively to ensure that these vital community resources remain intact.

"Please, support all of your local news gatherers, if the pandemic has taught us anything, it's that you need them as much as they need you," Caliri added.

WHAT'S COOKING

with

Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Hamburg, Peppers, Rice And Sauce Combination

By MARIE

I found a recipe online that was very much like one that my mother used to make years ago. My mother would combine hamburger and rice and the combinations was a great comfort food, especially on a chilly evening.

The savory flavor of the meat would enhance the taste of the rice so you can imagine that this dish was always enjoyed by the family. Today's recipe is very similar with a couple of added ingredients that make a family favorite even better with the addition of peppers and tomato sauce!

Ingredients and Directions

1-pound ground beef
1 medium green pepper, washed and

diced

1 medium red pepper, washed and diced
1 small onion, diced
1 cup of cooked rice
1 - 8 ounce can of crushed tomatoes
Salt and pepper to taste
2 tablespoons of olive oil.

Cut peppers in small pieces and set aside. In the olive oil, sauté the onions and ground beef, add the peppers and diced onion to the pan and sauté for a few minutes until vegetables are tender.

Add the cooked rice and the 8-ounce can of crushed tomatoes.

Cover stir and heat until done.

Sprinkle with grated cheese if you like!

Vegetarian Chili

By SUSIE

It's getting chilly!

The perfect time of year for a nice steaming bowl of chili. There are many different ways to make chili, and everyone has their own special recipe. I like to try different versions.

Here is a vegetarian chili that is simple to prepare, and I am pretty sure you will not miss the meat! Beans have plenty of protein in of themselves, and with all the healthy vegetables and stock in this recipe, you will be sure to get a healthy and delicious meal at your fingertips in no time at all.

Chili is great to freeze as well. Bring it to work and reheat and watch all of your co-workers suddenly appear.

This recipe we give to patients at the office as well, who are requesting vegetarian food ideas and it is always a hit. You don't have to be a vegetarian to love this version. Enjoy!

Ingredients

2 Tbsp. olive oil
1 medium onion, chopped

2 whole carrots, diced
4 cloves garlic, minced
1 sweet red bell pepper, chopped
1 green bell pepper, chopped
1 jalapeño pepper, fresh or canned, finely chopped
2 Tbsp. chili powder
1 tsp. cumin
1 cup cooked kidney beans (or canned)
1 cup cooked pinto beans (or canned)
1 28-oz can tomatoes, chopped (reserve juice)
1/2 tsp. freshly ground pepper
2 Tbsp. parsley or cilantro, finely chopped

Directions

In a large soup kettle, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes.

Remove lid, add chili powder and cumin and cook an additional 2 to 3 minutes, stirring occasionally. Add beans, tomatoes, and their juice.

Simmer 20 minutes. Add pepper. Top bowls of chili with parsley/cilantro. 4 servings.

Community Conversation Focus On Social Justice Online Oct. 22

The public is invited to join the Thomas Crane Public Library and March Forward Quincy for their first community conversation about social justice, to be held online at 7 p.m. Thursday, Oct. 22.

For this conversation, the library is partnering with a new local organization, Quincy for Transformative Change, which will help create a brave space to discuss the ideas expressed in the book *When They Call You a Terrorist: A Black Lives Matter Memoir* by Patrisse Khan-Cullors and Asha Bandele. The first 15-20 minutes of the program will be spent reviewing

highlights from the book, and then everyone will be invited to participate in a conversation about how these ideas impact our lives here in Quincy.

TCPL is partnering with local organizations to lead a series of community discussions throughout the year. Each group will choose a book/reading/movie/video/ intellectual work of some kind to deepen our understanding of a specific social justice issue and will lead the community in discussion about how this issue affects our lives and help us to act in ways that advance social justice in our community.

This program is co-

sponsored by the Friends of the Thomas Crane Public Library, March Forward Quincy, Quincy for Transformative Change and Quincy4Justice. Closed captions will be available. For more information, including links to supplemental materials, visit the TCPL website.

Join on Zoom (meeting ID 853 2718 0184). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio.

You may also view the program live on the Crane Public Library's YouTube channel and on our Facebook page.

Seven Quincy Residents Graduate Stonehill College

Members of the Class of 2020 joined together for a virtual Commencement ceremony this past August, including:

Seven students from

Quincy recently graduated from Stonehill College in Easton.

A virtual commencement ceremony was held in August.

Local graduates are:

Casey McPartlin, Julia Carolan, Jaclyn Shuttleworth, Richard Ryan, Theresa Cronin, Elizabeth Brilman and Yasmine Sudhu.

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2020

Understanding Plantar Fasciitis

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Plantar fasciitis is one of the most frequent causes of heel pain. It involves inflammation of a thick band of tissue (ligament) that extends across the bottom of your foot and connects your heel bone to your toes (plantar fascia) supporting the arch of your foot.

If you strain your plantar fascia, it becomes weak and inflamed resulting in discomfort in your heel and/or bottom of your foot when you stand or walk. Plantar fasciitis commonly causes stabbing pain that usually presents with your initial steps in the morning.

As you get up and move more, the pain generally decreases, but it might recur after long periods of standing or after rising from sitting. The pain is usually more pronounced after exercise, not during it. You may have less stiffness and pain after you mobilize, however your foot may hurt more as the day progresses. The discomfort is usually most agonizing when climbing stairs. If you have foot pain occurring at night, you may have a different problem, such as arthritis, or a nerve problem such as tarsal tunnel syndrome.

Plantar fasciitis is common in middle-aged people

and can happen in one foot or both feet. It can also transpire in younger people who are on their feet frequently, like athletes or soldiers. In addition, people who are overweight and those who wear shoes with inadequate support have a heightened risk of plantar fasciitis.

Under normal circumstances, your plantar fascia acts like a shock-absorber supporting the arch in your foot. If tension and stress on that area become too excessive, small tears can arise in the fascia that can lead to pain and swelling. This is more apt to occur if:

- Your feet roll inward too much when you walk.
- You have high arches or flat feet.
- You walk, stand, or run for long periods of time, especially on hard surfaces.
- You are overweight.
- You wear ill-fitting or worn out shoes.
- You have tight Achilles tendons or calf muscles.

Though plantar fasciitis can surface without an obvious cause, factors that can increase your risk of developing plantar fasciitis include:

- Age. Plantar fasciitis is most common between the ages of 40 and 60.
- Certain types of exercise. Activities that place a lot of stress on your heel and attached tissue such as long-

distance running, ballistic jumping activities, ballet dancing and aerobic dance.

• Foot mechanics. Being flat-footed, having a high arch or even having an atypical pattern of walking can affect the way weight is distributed when you're standing and put additional stress on the plantar fascia.

• Obesity. Excess pounds put extra stress on your plantar fascia.

• Occupations that require you to be on your feet such as, factory workers, teachers and others who spend most of their work hours walking or standing on hard surfaces that can injure their plantar fascia.

When diagnosing plantar fasciitis your doctor will check your feet and watch you stand and walk. They will do a complete history and physical and might suggest an X-ray or magnetic resonance imaging (MRI) to rule out other causes.

The majority of people who have plantar fasciitis recover with conservative treatments, including resting, icing the painful area and stretching. But there are numerous remedies you can try to help your foot to get recover:

- Give your feet a rest. Cut back on activities that make your foot hurt. Try not to walk or run on hard surfaces.

• To reduce pain and swelling, try putting ice on your heel. Or take an over-the-counter pain reliever like Ibuprofen or Naproxen.

• Choose shoes with good arch support and a cushioned sole.

• Physical therapy. A physical therapist can teach you a series of exercises to stretch the plantar fascia and Achilles tendon and to strengthen lower leg muscles, which stabilize your ankle and heel.

• Night splints. Your doctor might recommend that you wear a splint that stretches your calf and the arch of your foot while you sleep. This holds the plantar fascia and Achilles tendon in a lengthened position overnight and facilitates stretching.

• Orthotics. Your doctor might prescribe off-the-shelf or custom-fitted arch supports (orthotics) to help disseminate pressure to your feet more uniformly.

When more conservative measures aren't successful after several months, your doctor might recommend:

• Injections. Injecting a type of steroid medication into the tender area can provide temporary pain relief.

• Extracorporeal shock wave therapy. In this procedure, sound waves are directed at the area of heel pain to promote healing.

• Tenex procedure. This minimally invasive procedure removes the scar tissue of plantar fasciitis without surgery.

• Surgery. A small number of people need surgery to detach the plantar fascia from the heel bone. In general this option is utilized only when the pain is severe and all else fails.

To reduce the pain of plantar fasciitis, try these self-care tips:

- Maintain a healthy weight. Lose weight if you're overweight or obese to minimize stress on your plantar fascia.
- Choose supportive shoes. Avoid high heels. Buy shoes with a low to moderate heel, good arch support and shock absorbency. Don't go barefoot, especially on hard surfaces.
- Don't wear worn-out athletic shoes. Replace your old athletic shoes before they fail to support and cushion your feet. If you're a runner, buy new shoes after about 400 to 500 miles of use.



RUTH JONES

ter about 400 to 500 miles of use.

• Change your sport. Try a low-impact sport, such as swimming or bicycling, instead of walking or jogging.

• Apply ice for 15 to 20 minutes three or four times a day or after activity.

• Stretch your arches. Simple home exercises can stretch your plantar fascia, Achilles tendon and calf muscles.

Plantar fasciitis most repeatedly occurs because of injuries that have materialized over time. The earlier you start treatment, the sooner your feet will stop hurting. With the proper management, you will usually have less pain within a few weeks. However, it may take a few months to a year for the pain to go away completely, so be patient and stay with your treatment.

Ruth Jones is the health commissioner for the City of Quincy.

Don't Let Your Pandemic Diet Cost You Hair Loss

The home-isolation effects of the pandemic are putting extra pounds on Americans, giving rise to the term "The Quarantine 15."

After months of disruption to daily routines, poor eating habits and less physical activity equate to more weight. Dieting is the next step for some people, but medical experts caution that if they're not careful, certain fat- and calorie-cutting measures can cause another kind of loss besides pounds—their hair.

"With some fad diets, you are missing out on some important nutrients, and that factor can have an impact on hair loss," says Dr. Patrick Angelos, author of *The Science and Art of Hair Restoration: A Patient's Guide*.

"Your body requires adequate calories and protein to feed your hair follicles. Your hormones have a direct effect on your hair health. In order to balance your hormones it's important to know what foods, nutrients and supplements you need on a regular basis, and what you don't need."

Dr. Angelos offers these nutritional tips to aid overall

health and prevent hair loss:

Avoid sugar. Crash diets or cleanses can lead to too much sugar in the bloodstream, which promotes inflammation. "When people eat sugar or carbs, it causes a spike of insulin and androgens, which bind to hair follicles and cause the hair to fall out," Dr. Angelos says. "Inflammation driven by high-glycemic diets affects the immune system, and high levels of insulin can lead to hair loss."

Get plenty of protein. "Protein is critical for keeping your hair healthy, but many people don't get enough," Dr. Angelos says. "Too little protein in your diet can damage healthy hair and inhibit your body's ability to build new hair follicles. Lean meats like fish and chicken, eggs, and soy products are good sources of protein."

Seek fatty acids. Omega-3s play a key role in the health of hair and skin. Dr. Angelos suggests foods that are rich in these fatty acids such as salmon, tuna, walnuts and almonds.

Beware of low iron. Low iron can be a cause of hair loss. "A balanced diet

should include iron-rich foods such as spinach, pork and salmon, peas, and dried fruit," Dr. Angelos says. "Foods high in vitamin C—oranges, strawberries, broccoli, tomatoes—allow your body to absorb iron in a more efficient manner."

Consider supplements. Dr. Angelos says a number of supplements can help maintain a balance necessary for good health and healthy hair. "Those include fish oil, a multivitamin that includes vitamins A, B complex, C, D, and E, along with the minerals zinc, iodine, and iron," he says. You may want to also take a supplemental B-complex vitamin, although most multivitamins have sufficient amounts of Bs. And, if not in the multivitamin, also supplement with biotin, a coenzyme that helps the function of B-complex vitamins."

"Our habits have been disrupted during the pandemic, so it's an opportune time to create new and healthy ones," Dr. Angelos says. "Dieting doesn't mean depriving yourself of essentials your body needs. And a healthy diet can help your hair stay strong and shiny."



The Tiny World of an LGBTQ+ Survivor

LGBTQ+ communities tend to be small. If someone feels safe and accepted as their most authentic self with only a few people, their world tends to be even smaller. LGBTQ+ survivors may only have a small circle of chosen family, which includes their partner, and may shrink even further due to the isolation typical of abusive dynamics. Thus, these survivors may share their entire support system with their abusive partner.

Due to a limited number of LGBTQ+ services and spaces, the only spaces they may be out in – and therefore could talk about their relationship in – could be those their partner frequents. So, who will an LGBTQ+ survivor tell if they experience abuse?

Fear of being refused services based on gender or sexual identity is a powerful barrier to seeking support. Will they be believed? Does the person they are talking to recognize the intricacies of abuse in the LGBTQ+ community? Even if they are believed and provided services, these survivors don't know if support will be accompanied by behaviors or comments that, regardless of intention, are painful. Will staff understand their identities?

To reach outside of one's tiny community for support also necessitates recognition of one's experience as abuse. Messaging that abuse is primarily experienced by women in heterosexual relationships is powerful in our society, and an LGBTQ+ survivor may not identify what they're experiencing as abuse.

The tiny world of an LGBTQ+ survivor could be broadened at each level by societal shifts away from homophobia and transphobia. Our work as community members is not just interpersonal. We must do our part in combatting the oppression LGBTQ+ individuals experience to make it more accessible to reach out for support and build healthier relationships free of shame, secrecy, and fear.

DOVE serves survivors of all genders and sexualities.

Reach out for support if you need it.

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Community Advocacy & Prevention Services 617.770.4065 • www.dovema.org

Keenan, Mendez Square Off In Senate Debate

Express Views On Coronavirus Pandemic, Police Reform, Climate Change, Other Topics

By SCOTT JACKSON

The two candidates running to represent Quincy in the state Senate faced off in a recent debate where they shared their views on the coronavirus pandemic, police reform and climate change, among other topics.

Sen. John Keenan, a Quincy Democrat, and Alexander Mendez, a Quincy resident running as an independent, participated in the 45-minute debate the night of Oct. 8.

Keenan, age 56, has represented the Norfolk and Plymouth Senate District — which includes all of Quincy, Abington, Holbrook and Rockland as well as parts of Braintree — since 2011. Mendez, age 32, is running against Keenan for the third straight election.

The debate, which was held via Zoom, was produced by Quincy Access Television. QATV's Mark Crosby moderated the debate and the candidates answered a dozen questions asked by reporters from QATV, The Quincy Sun and The Patriot Ledger. Both candidates were given one minute to answer each question, and the candidate who spoke first was also given a 15-second rebuttal.

During his introductory remarks, Mendez said it is "time to think big and get serious" and called for investments in science, infrastructure and people, including making the state's colleges free to attend.

"I'm tired of all the political nonsense that is holding us back and pulling us apart, so I'm running as an independent to pull us together," Mendez said. "Politically, I'm not left. I'm not right. I move forward and the best way to move forward is with large-scale investments in science, infrastructure and people, just like the generations of Americans before us who did exactly that when they built the country."

In his opening comments, Keenan said he has helped the district's residents secure unemployment benefits, food resources and rental assistance amid the pandemic.

"We find ourselves right now in the grip of a pandemic and we are facing some of the most difficult financial times we've faced in a long, long time. We have to recognize there are people out there who are

struggling to keep a roof over the heads, food on the table, and to keep a job — many have lost their jobs," Keenan said. "My office has received hundreds of calls over the last few months and we have tried to help as many people as we can."

The candidates were asked if the state's eviction moratorium, enacted earlier this year amid the pandemic, should be allowed to lapse on Saturday or be extended. Keenan said he would support an extension but said landlords should not be made to suffer at the same time.

"I would support the extension, however, I think we have to look at finding a way to make sure that landlords don't suffer during this process either. There are people who can't pay rent, who are not paying rent because they have lost their job or are working reduced hours," Keenan said. "Landlords are still left having to pay property taxes, utilities and mortgages, so we have to make sure whatever we do balances the interest those tenants who are at risk and landlords."

Mendez said he is fortunate to be living with his parents, but he too is facing financial difficulty because of the pandemic. He said the state should move to re-open more of the economy in a safe manner.

"I actually recently got unemployed, so I'm actually thinking about next month, what bills I have to pay — whether I eat or pay car insurance. It gets real tough, so of course we have to extend the moratorium," Mendez said. "We have to think bigger and say, how can we actually get people back to work, get our economy going safely and operating at as full of a capacity as we possibly can so we don't have to worry about the huge economic impacts."

The candidates were later asked if the state should alter or cancel the MCAS exam this school year in light of the pandemic.

Mendez said standardized tests like the MCAS are not the best way to measure a student's education.

"The MCAS is a problem," Mendez said. "MCAS scores are determinant of school capacity. We shouldn't be judging the ability of a school by forcing tests on students. Stan-

dardized tests aren't the best measurement of education."

Keenan said the MCAS should be postponed amid the pandemic, which provides a chance for it to be re-evaluated.

"I think it is a great opportunity to take a step back and re-evaluate whether MCAS should continue to play the role that it does. I do believe you need some sort of standard by which to measure students, but there is has been an overemphasis on testing quite frankly," Keenan said.

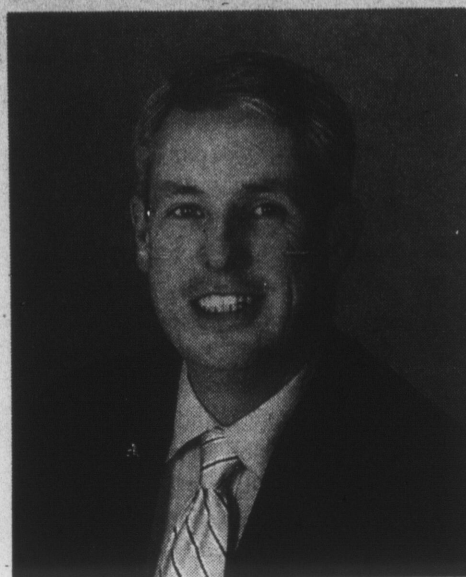
Both chambers on Beacon Hill approved separate bills earlier this year aimed at reforming law enforcement; a conference committee is now working on a final version of the legislation. During the debate, the candidates were asked what they would like to see included in the final bill.

Mendez said the legislature moved too quickly to approve the legislation.

"The bill was rushed overnight and showed how quickly our legislature was ready to turn its back on people who protect us day and night and care for us 24-7," Mendez said. "They rushed a bill. It was too short, too little and does nothing and shows our legislature can't handle the real problems."

Keenan identified specific items he would like to see included, such as a standardized hiring process, standardized academy and in-service training, and a committee to certify and decertify officers.

"You know where I stand on issues. I support police reform. I will continue to support police reform as long as it is balanced and fair. That is going to be the



JOHN KEENAN



ALEXANDER MENDEZ

goal of my efforts over the next few months as we continue to look at this issue," Keenan said. "You may not agree with me, but you know where I stand."

The candidates were also asked if the state's civil service process should be changed to encourage more minorities to seek state and municipal jobs.

Mendez called for further investments in education so that all residents have the same opportunities at government jobs.

"The more reflective it is of our own community, the better it's going to be," Mendez said of the government workforce. "I want to uplift our entire community so we can all have an equal opportunity...I don't care if someone is Black, white, Asian, Mexican — I want the best people and I want them to have the best opportunity to make sure they can contribute to our society."

Keenan said changes to civil service should be considered so that the government workforce becomes more diverse.

"We're not talking about a workforce that targets this group or targets that group," Keenan said. "We're looking at a workforce that is reflective of the community

and civil service should be examined to make sure that is an avenue that can be used to make sure the workforce is reflective."

On climate change, the candidates were asked if the state was doing enough and what they would do differently.

Mendez said he wants to build a high-speed train to the central part of the state to take vehicles off the road.

"I want us to build a bullet train from Boston to Central Mass. that will expand our infrastructure and allow us a great opportunity for us to accelerate our transition to renewable energy in the state," Mendez said. "We need to be able to show ourselves as a global leader in reducing CO2 emissions. We're not doing enough. We need to get a bullet train to reduce traffic."

Keenan said the state has been aggressive in responsive to climate change. The Senate has passed a bill to make the state net neutral in terms of carbon emissions by 2050, the MBTA is moving towards being net neutral by 2040, and all state vehicles will be zero emissions by 2024, he stated.

"We're on target to do those types of things. We are aggressive," Keenan said. "I

think we can be even more aggressive and hopefully we can continue to do so."

The state is allowing residents to vote by mail this fall amid the pandemic. The candidates were asked if they would support extending mail-in voting to future elections, including municipal ones.

Mendez said residents should be able to vote online.

"If we can register online for cars and all sorts of things, we can expand our infrastructure to improve democracy and get more people voting from their phones, from any way possible," Mendez said. "I think it would be a fantastic opportunity."

Keenan said the state should continue with mail-in and early voting in all future elections and also find ways to make voter registration easier.

"We should do all of those things to ensure greater access to voting for as many people as possible," Keenan said. "We will continue our work in the legislature. We have taken great steps in a short period of time. We can take even bigger steps over the course of the next several months and the next several years."

License Board Concerned About Popeyes Traffic

By SCOTT JACKSON

The Board of License Commissioners is giving a new fast food restaurant one month to address traffic concerns caused by its opening.

The board met on Oct. 6 to consider whether or not to grant a common virtual license to Popeyes Louisiana Kitchen at 502 Southern Artery. The restaurant's proposed hours are 10:30 a.m. to 10 p.m. seven days a week.

At their meeting on Oct. 6, board members chose to allow the restaurant, which specializes in fried chicken, to remain open with a temporary license until their

meeting on Nov. 10 to sort out traffic issues caused by its opening on Oct. 2.

Ward 1 Councillor David McCarthy said he knew restaurant would be popular once it opened, but the backups seen on Southern Artery during the first weekend were too much.

"Everyone knew it would be popular, but we were hoping for a different picture," he said. "We're just asking for trouble on a road like that."

Inspectional Services Director Jay Duca, the board's vice chairman, said he too had expected the restaurant to be popular but not as busy

as it had been. He proposed giving the restaurant one month to address the traffic concerns.

"We want all of our businesses to be successful, but not with the traffic impacts on Southern Artery in this case," Duca said.

He noted the Zoning Board of Appeals in 2018 granted a special permit to Popeyes for the drive-through with the understanding it would not cause traffic backups on Southern Artery. That special permit could be revisited if the traffic situation does not improve, Duca said.

Christopher Harrington,

the attorney representing the Popeyes franchisee, said the traffic seen over the opening weekend was caused by pent up demand from area residents who had been waiting for the restaurant to open for the past two years. That demand is typical when such a restaurant opens, he said, and should subside within three to four weeks of the opening date.

Harrington said the restaurant had agreed to hire police details to handle the traffic flow for the first two weeks and would be willing to keep those details for longer if needed.

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A JOB WELL DONE and CRIME PREVENTION JOURNAL
were not available at press time.
They will return next week - Oct. 22

OCT

15

2020

Two Quincy Water Projects Receive Loan Forgiveness

State Treasurer Deborah Goldberg, Chair of the Massachusetts Clean Water Trust (Trust), announced more than \$20.8 million in loan forgiveness was awarded for 36 projects in 26 communities across the Commonwealth. The loan forgiveness funds are administered on a competitive basis to cities, towns and water utilities most in need of financial assistance to help pay for improvements to drinking water and wastewater infrastructure.

Two projects in Quincy are among the water projects receiving loan forgiveness funds. One is The Strand Pump Station Upgrade project and the other is for infrastructure improvements.

The pump station upgrade is a \$3.5 million project. It is eligible for \$231,058 in loan forgiveness.

The Strand Pump Station was built in the late 1990's and has reached the end of its design life. Recent coastal storms and power outages have caused it to fail and in-

undation has led to flooded neighborhoods. Sanitary sewer overflows and water quality concerns from the events have also been recorded. The Quincy Department of Public Works has also addressed a sewer force main break which indicated that the 20-year-old ductile iron sewer force main is corroding and pitting. This project includes modifying the electrical system to reduce the frequency and duration of power outages and replacing the standby generator. Additional updates include expanding the sewer pumping capacity, replacing the force main with high density polyethylene, and increasing the elevation to be above future forecasted flood levels.

The ongoing infrastructure projects is an eligible project costing \$3.7 million; the loan forgiveness amount is \$249,595.

The City of Quincy has ongoing infrastructure improvements including the rehabilitation, repair, and replacement of coastal man-

holes and sewer piping. The City is proactively implementing a fourth phase for rehabilitating existing sewer pipe and manholes to remove infiltration and inflow of seawater. The City conducted multiple sanitary sewer investigations to identify specific problem areas. To date, the City has completed the first three phases. Phase I was for manhole rehabilitation, repair, and replacements. Phase II was for coastal manhole and piping work. Phase III was for addressing illicit discharge and elimination.

"As Chair of the Clean Water Trust, I am pleased to work with the Baker-Polito Administration and Mass-DEP to provide these funds to local communities, which will protect the health of our citizens, create a cleaner environment and provide savings for the ratepayers," said Treasurer and Receiver General Deborah B. Goldberg. "This \$20.8 million is another example of the excellent work the Trust does to save money for our local

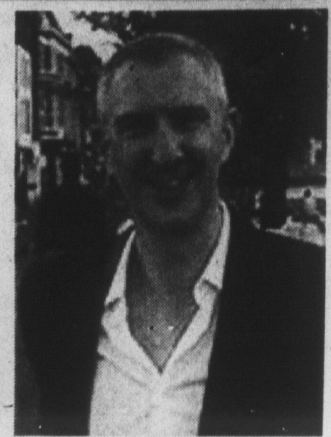
communities."

The Trust improves the water quality in the Commonwealth through the provision of low-cost capital financing to cities, towns and other eligible entities. Because of the reduction of loan principal funded by this program, impacted communities will see their bi-annual loan repayments reduced, freeing up capital for other local needs. The loans were originated to pay for municipal water projects such as upgrades to water treatment facilities, stormwater and nutrient mitigation and sewer improvement projects.

The \$20.8 million in loan forgiveness funds is associated with a total original loan amount of more than \$230 million. The Trust lends financial assistance to communities in the Commonwealth under the State Revolving Fund program which offers subsidized loans to cities, towns, and water utilities to help protect and improve their water infrastructure.



LeAnne Howe



Padraig Kirwan

'Famine Pots' Book Discussion With Authors Online Oct. 22

There will be talk via Zoom as part of "Milton Reads" on Thursday, Oct. 22nd at 6 PM with authors Professor LeAnne Howe and Professor Padraig Kirwan as they discuss their new book called "Famine Pots: The Choctaw-Irish Gift Exchange, 1847-Present."

Keeping with the theme of the Irish Famine, the remarkable story of the money sent by the Choctaw to the Irish in 1847 is often told and remembered by people in both nations. This gift was set to the Irish from the Choctaw at the height of the potato famine in Ireland, just 16 years after the Choctaw began their march on the Trail of Tears toward the areas west of the Mississippi River.

"Famine Pots" honors that extraordinary gift and provides further context about and consideration of this powerful symbol of cross-cultural synergy through a collection of essays and poems that speak volumes of the empathy and connectivity between the two communities. As well as signaling patterns of movement and exchange, this study of the gift exchange invites reflection

on processes of cultural formation within Choctaw and Irish society alike, and sheds light on longtime concerns surrounding spiritual and social identities.

This volume aims to facilitate a fuller understanding of the historical complexities that surrounded migration and movement in the colonial world, which in turn will help lead to a more constructive consideration of the ways in which Irish and Native American Studies might be drawn together today.

LeAnne Howe, born and raised in Oklahoma, is an enrolled citizen of the Choctaw Nation and the Edison Distinguished Professor in American Literature at the University of Georgia. Padraig Kirwan is Senior Lecturer in the Department of English and Comparative Literature at Goldsmiths, University of London.

This program is sponsored by the Friends of the Milton Public Library and advance registration is required to participate. Go to this link to sign up and to learn more about the program: <https://tinyurl.com/y5h8u7xz> or email Librarian Jean Hlady at jhlady@ocln.org

Baker-Polito Launch Second Round Of Nursing Home Reforms; Strengthen Staff Flu Vaccine Requirements

The Baker-Polito Administration has begun implementing its second round of comprehensive nursing home reforms designed to keep older adults safe, improve the standards of care and infection control, and respond to the ongoing COVID-19 pandemic.

As part of the Accountability and Supports Package 2.0 announced in September, the first phase includes \$82 million in restructured Medicaid rates and immediate steps to eliminate 3 and 4 bed rooms in nursing homes. In addition, the state released updated surveillance testing guidance for nursing homes and rest homes and announced new funding for assisted living residences (ALRs) to support surveillance testing.

The administration also announced strengthened flu vaccine requirements for staff at nursing homes, rest homes, ALRs, adult day health programs, and dialysis units to protect vulnerable residents and providers.

Over 55,500 older adults live in 700 nursing homes, rest homes, and ALRs in Massachusetts. The administration has taken significant action to support these residents throughout the COVID-19 emergency, and

the actions announced last week reinforce the state's commitment to improving care for these residents both during the pandemic and long-term.

Nursing Facility Accountability and Supports Package 2.0

The Executive Office of Health and Human Services (EOHHS) is implementing the first phase of several significant reforms announced as part of the Accountability and Supports Package 2.0 in September. This package of reforms holds long term care facilities to higher standards of care and infection control, provides up to \$140 million in additional funding to nursing homes, and restructures Medicaid rates to be consistent with the recommendations of the Nursing Facility Taskforce.

This first phase of reforms includes:

- Requiring nursing

homes to take immediate steps to reduce or eliminate rooms with more than two residents to improve infection control standards and resident quality of life, the first step in eliminating 3 and 4 bed rooms in nursing homes

- \$82 million in restructured Medicaid rates, which incentivize high-quality, high-occupancy, and care for high-acuity special populations, including residents with substance use disorder and/or several mental health diagnoses, while ensuring stability for high-Medicaid facilities

- Strengthened criteria for nursing homes that establish isolation spaces for COVID-19 positive resi-

dents being discharged from hospitals, limiting isolation spaces to facilities that have a high DPH quality score, meet specific staffing and PPE requirements and have no deficiencies on DPH infection control surveys

The reforms build off of the strong steps Commonwealth has taken since the start of the COVID-19 public health emergency to support nursing home residents and staff. With this package, the Commonwealth has committed over \$400 million in new funding directly to nursing homes, on top of over \$180 million in federal funding. In addition, the state has provided direct staffing supports, provided

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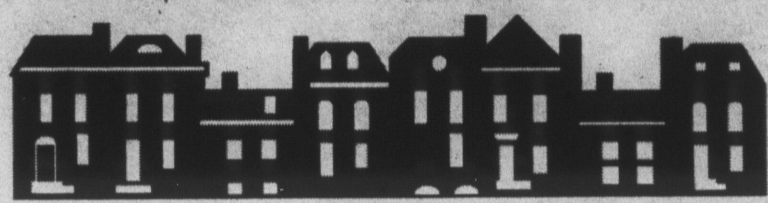
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Quincy



Real Estate

Quincy Real Estate Transactions October 5 - October 9

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

BP Copeland LLC
David B. & Lora A.S. Wooster
Jill T. McCrevan
Donna B. DaSilva & Anthony D. DeBello
PMG Northeast LLC
Kisielius Family Trust
Charlotte Hamilton
Estate of Avi Friedlich
Eastern Nazarene College Inc.
Michael J. & Sarah G. Kelly
O'Donnell Family Realty Trust
Thomas F. Hedin
Joey S. Pace
Maryanne X. Dao
John A. Rossi & Carol A. Walker
J&R Ocean Street Realty Trust
201 Realty Trust
Cuong Truong & Ngoc D.D. To
Jonathan & Courtney Ward
Po C.P. Ngai & Bizhen Liu
Joshua A. & Lauren A. Lamm
Richard V. & Edward F. Grilli
28 Rockland Street Realty Trust
Stephen M. & Grazia F. Rosenbaum

BUYER

Copeland Way LLC
Bao Z. Shi & Qin Lin
Oliver S. & Christine E. Newsham
Juan Chen
1284 Furnace Brook Parkway LLC
Roxanne Downs-Greaves
Viviane Szeto
Pascal & Alejandra Lizaie
Jinqing Qiu & Jie X. Huang
Eric Eisenhauer
Xiao Zhou, Yanfen Huang, Baoying Zhou, Chaoyi Guan
James F. Hogan
Daniel J. & Joan P. Landers
Nhi Y. Vo & Tri M. Huynh
George J. Wirtz
PJ Realty Group LLC
Jeanette Bukuras
Megi Marina
Lloyd K & Farika S. Wisleder
Jianqiang Chen & Haihua Duan
Michelle Y. Deng
Kensley M. Lin & Christy K. Pat
Richard J. & Shelly M. McAllister
Sheila M. Harris

AMOUNT

\$1,750,000.00
\$520,000.00
\$582,000.00
\$472,000.00
\$1,500,000.00
\$645,000.00
\$280,000.00
\$446,150.00
\$510,000.00
\$605,000.00
\$485,000.00
\$469,000.00
\$650,000.00
\$475,000.00
\$425,000.00
\$265,000.00
\$270,000.00
\$535,000.00
\$551,000.00
\$670,000.00
\$710,000.00
\$769,000.00
\$510,000.00
\$689,900.00

ADDRESS

53-57 Copeland Street
228 Billings Road
87 Pelican Road
85 Faxon Road
1284 Furnace Brook Parkway
1022 Hancock Street, Unit 105
479 Sea Street, Unit 1
108 Cross Street
26 Sewall Street
27 Mill Street, Unit A
27 Campbell Street
1001 Marina Drive, Unit 110E
41 Whaler Lane, Unit 92
100 Goddard Street
66 Andrews Road
45 Oval Street, Unit 38
77 Adams Street, Unit 201
252 Franklin Street, Unit 252
49 Cedar Street
49 Cheriton Road
53-55 Scammell Street
266-268 Liberty Street
28 Rockland Street
44 Tilden Commons Drive, Unit 5-8

Sales Numbers Increase In Norfolk County Real Estate Market

Register Of Deeds William O'Donnell Releases September Report

Despite the ongoing COVID-19 pandemic, Register of Deeds William O'Donnell reports Norfolk County experienced strong real estate sales and lending activity during the month of September 2020.

"The month of September saw Norfolk County real estate sales, both residential and commercial, increase 13% year over year," O'Donnell said, noting 1,697 real estate sales were recorded compared to 1,503 in September 2019.

"The average real estate sales price, again both residential and commercial, increased 10% to \$865,235. Total sales volume for the month came in at \$952 million. The main drivers of these numbers were low interest rates, a limited amount of available real estate causing prices to increase, in many cases over the original listing price, and homebuyers looking for

increased housing space to accommodate working remotely," O'Donnell said.

As has been the case for the past several months, Norfolk County once again saw strong growth in mortgage lending during September. Some 4,639 mortgages were recorded during the month, a 64% increase compared to the previous year. The total amount of money borrowed during September was \$1.8 billion.

"These strong mortgage numbers," noted O'Donnell, "are the direct result of low interest rates. All indications are these attractive mortgage rates will continue for the foreseeable future."

Notice to Foreclose Mortgages, the first step in the foreclosure process, have been curtailed due to a moratorium placed on foreclosures and evictions while the COVID-19 pandemic state of emergency has been ongoing. The Registry of

Deeds is watching closely to see if this moratorium will be lifted as scheduled by Governor Baker in mid-October.

"The Norfolk Registry of Deeds," O'Donnell said, "has been working in close cooperation with Attorney General Maura Healey's office monitoring protections afforded to homeowners affected by the COVID-19 state of emergency through Chapter 65 of the Acts of

2020, Act Providing for a Moratorium on Evictions and Foreclosures During the COVID-19 Emergency as well as protections put in place by the Coronavirus Aid, Relief, and Economic Security Act, Pub L. 116-136, (the "CARES Act"). We are very sensitive to how this pandemic has caused upheaval in people's lives and in some cases caused issues with homeowners paying their monthly mortgage

payment.

"I am pleased to report that during my tenure as Norfolk County Register of Deeds," O'Donnell continued, "my office has been proactive in partnering with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help those facing challenges paying their mortgage. These non-profit agencies are equipped to provide help and guidance to anyone struggling to pay

their mortgage. In addition, the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD), 617-727-8400 is also available to provide assistance."

Homestead recordings increased 15% during the month of September.

"I want to remind Norfolk County residents that a Homestead provides limited protection against the forced sale of a homeowner's primary residence to

Cont'd On Page 13

Universal Design Makes Life Easier For All Ages, Abilities

Ask Barbara Graceffa: 'The Secretary Of The Interior'

Can you give me some tips on universal design for my aging parents' home? *Francine*

Universal design (UD) enables occupants to age in place in healthier, more accessible, and productive homes. According to AARP, a recent study reveals that almost 80% of older adults want to live in their own home as long as possible.

However, universal design is not only for seniors or those with physical challenges. As it becomes more mainstream in architecture and interior design, UD emphasizes convenience, flexibility, simplicity, and adaptability, but doesn't fall short on style (even bathroom grab bars come in different metal finishes and colors now!).

UD benefits both occupants and visitors as well. For example, my parents - mom on a walker and dad in a wheelchair - can easily visit my home because our condo has an accessible ramp but they unable to maneuver the stairs where my siblings live.

Throughout the house, consider wider doorways with low threshold or no-step entrances, backlit rocker-style light switches, low-effort lever door handles, easy-open windows, pull-out work surfaces, removal of area rugs (they are a trip hazard!), touchless control lamps, motion-detector night lights, and voice-activated and other smart home technologies from televisions and thermostats to refrigerators that can order your groceries and ovens that alert you if left on too long.

A walk- or roll-in shower with a pulldown bench seat,

grab bars near a raised toilet, anti-scald faucets, and no-slip floor surfaces are worthy investments in the bathroom. Ideally, the room should also be large enough to include a barrier-free, five-foot diameter space so a wheelchair can completely turn around. Believe it or not, there are even robo-toilets with lids that raise automatically, and voice-activated flushing mechanisms.

In the kitchen, install accessible cabinet storage like lazy Susans and pull-out drawers, touchless sensor-style or single lever faucets, C- or D-shaped drawer pulls, and consider raising the dishwasher, lowering the microwave, and adding countertops at different levels.

In both the kitchen and bath, install sinks with wheelchair-accessible space below them.

In the bedroom, eliminate bedside obstacles, and more importantly, lower the height of the bed for easier access.

There are lots of internet resources on the subject as well as certified contractors so go ahead and make these upgrades to benefit yourself or loved ones.

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.

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Sales Numbers Increase In Norfolk County Real Estate Market

Cont'd From Page 12

satisfy unsecured debt up to \$500,000. I urge all Norfolk County homeowners to avail themselves of this important consumer protection tool," O'Donnell noted.

Concluding his remarks, O'Donnell said:

"The COVID-19 pandemic has caused many to experience significant changes in their lives. This is reflected in what we are seeing for recordings at the Registry of Deeds and what we are hearing from real estate professionals working with buyers and sellers in Norfolk County. Many

working men and women are now working remotely. This has caused some to leave urban areas and buy in suburbs and rural communities like we have in Norfolk County.

"We are hearing that many young professionals are looking for more space in their homes needed for home offices due to work being done remotely. A limited supply of available housing stock has resulted in a heightened amount of competition between buyers resulting in higher real estate sales prices in Norfolk County.

"We are also hearing from real estate brokers that many houses are selling for above the original listing price. Robust sales and lending figures were seen in September. There is evidence that the fall will see continuing strong performance in real estate activity.

"What we have also seen over these past few weeks and months is that COVID-19 does not discriminate," O'Donnell said. "Anyone, even the most powerful man in the free world, can be affected. Until there is a viable vaccine in place, all of us need to

continue practicing social distancing, wear a mask, and take all necessary steps to reduce the spread of the coronavirus. We need to keep in mind not only our own health but the health of our family, neighbors and friends.

"Together, we will get through this. Be healthy. Be safe."

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accu-

rate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email register@norfolkdeeds.org.

Second Round Of Nursing Home Reforms; Staff Flu Vaccine Requirements

Cont'd From Page 11

over 2.8 million pieces of personal protective equipment (PPE), provided testing via mobile testing units and reimbursement for surveillance testing, and enhanced facility accountability through regular infection control surveys and other audits.

Long-Term Care Surveillance Testing

The administration has updated long-term care staff surveillance testing guidance to align with federal guidance. Surveillance testing is a critical way for facilities to mitigate the

spread of COVID-19 and better protect high-risk residents. The updated guidance ensures all staff are tested at least once each month, with additional testing in facilities with new COVID cases or in high-positivity areas.

While nursing homes and rest homes are required to adhere to the surveillance testing guidance, ALRs are recommended to do so. To further support ALRs in performing adequate surveillance testing, the state will fund up to two rounds of testing for all staff per 30 days when there is a new staff case in an ALR. Nurs-

ing homes and rest homes have been reimbursed for staff surveillance testing since the policy was released in June.

Flu Vaccine Requirements

To protect long-term care residents and other vulnerable populations from a potentially deadly flu season, and preserve health care resources needed to respond to the COVID-19 emergency throughout the fall and winter, the Department of Public Health (DPH) has revised the flu vaccination requirements for staff at nursing homes, rest homes, ALRs, adult day health pro-

grams, and out-of-hospital dialysis units. The DPH order eliminates the option for staff to opt-out of getting a flu vaccine, with exemptions only for medical or religious reasons.

Immunization is the most effective method for preventing infection of the flu, and staff at long-term care facilities and other health care providers serving vulnerable populations play an important role in stopping its spread.

For more information on protecting yourself and your family by getting the flu vaccine, visit: <https://www.mass.gov/flu-facts>.

Confused By Medicare Options? Here's A Tutorial As Open Enrollment Arrives

Once a year, an important window of opportunity arrives for Medicare beneficiaries and those about to enroll in the government's health insurance program for older Americans.

It's the Medicare open enrollment period, which runs annually from Oct. 15 to Dec. 7. During those nearly two months, new enrollments are allowed and current recipients can make changes to their plans.

And it's definitely not a period to be taken lightly because careful study is required to determine what Medicare plan is best for any individual, says Chris Orestis, the president of LifeCare Xchange who is known as the "Retirement Genius."

"Enrolling in Medicare can be complicated, and if you don't pay attention you can end up missing needed coverage or paying more out-of-pocket expenses in premiums, co-pays and deductibles than you realize—or can afford," Orestis says.

About 68 million Americans are enrolled in Medicare, according to the Kaiser Family Foundation. Here

are a few important facts to know for anyone ready to enroll and join them, or who needs to change their plan:

- Medicare coverage comes in two primary forms that participants can choose from, Orestis says. The original and traditional Medicare program is administered through the federal government and anyone 65 and older qualifies automatically. Meanwhile, there are Medicare Advantage plans that are sold by private insurance companies. Those have become increasingly popular, with more than one-third of all Medicare beneficiaries enrolled in one. Beyond the usual things covered by health insurance, the Advantage plans sometimes offer additional services, such as routine vision, hearing and dental care.

- If things aren't bewildering enough, it's also important to understand what Medicare Parts A, B, C and D are and what each does, Orestis says. "Here's how that alphabet soup of Medicare coverage breaks down," he says. "Medicare Part A pays for hospital

and skilled nursing facility care. Medicare Part B pays 80 percent of costs for doctors, outpatient services and medical equipment. Medicare Part C is a private Advantage Plan. Medicare Part D pays for prescriptions."

- Even with Medicare coverage, patients can still have deductibles and co-pays that can add up quickly. "That's where Medicare Supplement Insurance (Medigap) comes in," Orestis says. "It's a private insurance that pays the gaps in the varieties of Medicare coverage."

Still confused? Not to worry. Assistance is available to help people understand and navigate enrollment, Orestis says. Insurance agents who specialize in Medigap and Medicare Advantage Plans can help with initial enrollment and open enrollment.

Free assistance can also be obtained through the State Health Insurance Assistance Program (SHIP) and the Medicare Rights Center. Also, the Center for Medicare and Medicaid Services (CMS) which is the government agency that

administers both Medicare and Medicaid, provides a wealth of information and resources to review and assist enrollment on their website, Orestis says.

"When it comes to Medicare enrollment, don't procrastinate," he says. "Not being informed, missing deadlines, or making the wrong selections can cause delays and penalties that could have a negative impact on your coverage—and your wallet."

Good Housekeeping

Classic Baked Apples With Oatmeal Streusel

Cooking apples in the microwave, rather than the regular oven, yields plumper, juicier, less shriveled fruit—and saves a big chunk of time! Baked apples have always been a favorite dessert in America. We've adapted Eliza Leslie's recipe from the 1848 edition of *Directions for Cookery*, and it's still good today.

- 4 large (about 10 ounces each) Rome or Cortland apples
- 1/4 cup (packed) brown sugar
- 1/4 cup quick-cooking oats, uncooked
- 2 tablespoons (chopped) dates
- 1/2 teaspoon ground cinnamon
- 2 teaspoons margarine or butter

1. Core apples, cutting out a 1 1/4-inch diameter cylinder from center of each, almost but not all the way through to bottom. Remove peel about one-third of the way down from top. Place apples in shallow 1 1/2-quart ceramic casserole or 8-inch by 8-inch glass baking dish.

2. In small bowl, combine brown sugar, oats, dates and cinnamon. Fill each cored apple with equal amounts of oat mixture. (Mixture will spill over top of apples.) Place 1/2 teaspoon margarine or butter on top of filling in each apple.

3. Cook apples, covered, on Medium-High (70%) until tender, 12 to 14 minutes, turning each apple halfway through. Spoon cooking liquid from baking dish over apples to serve. Serves 4.

• Each serving: About 240 calories, 3g total fat (1g saturated), 0g cholesterol, 30mg sodium, 54g total carbohydrate, 0g dietary fiber, 2g protein.

Recipe excerpted from the "Great American Classics Cookbook" (Hearst Books).

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Autumn garden tasks

- Remove all the dead and dying foliage, collecting seeds from their pods as you work. Compost your collected plant waste if it has remained disease-free.
- The autumn leaf fall can suffocate a lawn (especially newly-established ones) if not often raked up.
- Planting cover crops, or spreading mulch over bare soil, can help prevent soil erosion over the winter. — Brenda Weaver

Sources: www.thespruce.com, wayne.ces.ncsu.edu

Sample Composite Ballot: State Election Tuesday, Nov. 3

ELECTORS OF PRESIDENT AND VICE PRESIDENT 總統與副總統選舉人

Vote for One
選一人

BIDEN and HARRIS Democratic/民主黨 ☐

HAWKINS and WALKER Green-Rainbow/綠彩虹黨 ☐

JORGENSEN and COHEN Libertarian/自由黨 ☐

TRUMP and PENCE Republican/共和黨 ☐

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自填候選人。

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SENATOR IN CONGRESS 國會參議員

Vote for One
選一人

EDWARD J. MARKEY Democratic/民主黨 ☐

7 Townsend St., Malden
Candidate for Re-election/競選連任候選人

KEVIN J. O'CONNOR Republican/共和黨 ☐

55 Glen St., Dover
Candidate for Re-election/競選連任候選人

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REPRESENTATIVE IN CONGRESS 國會眾議員

Vote for One
選一人

STEPHEN F. LYNCH Democratic/民主黨 ☐

55 G St., Boston
Candidate for Re-election/競選連任候選人

JONATHAN D. LOTT Healthcare Environment Stability ☐

119 Britton Ave., Stoughton
Candidate for Re-election/競選連任候選人

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COUNCILLOR 州長顧問

Vote for One
選一人

CHRISTOPHER A. IANNELLA, JR. Democratic/民主黨 ☐

263 Pond St., Boston
Candidate for Re-election/競選連任候選人

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SENATOR IN GENERAL COURT 州議會參議員

Vote for One
選一人

JOHN F. KEENAN Democratic/民主黨 ☐

37 Hobart Rd., Quincy
Candidate for Re-election/競選連任候選人

ALEXANDER N. MENDEZ Independent/獨立黨 ☐

99 Shaw Ave., Quincy
Candidate for Re-election/競選連任候選人

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REPRESENTATIVE IN GENERAL COURT 州議會眾議員

Vote for One
選一人

BRUCE J. AYERS Democratic/民主黨 ☐

45 Williams St., Quincy
Candidate for Re-election/競選連任候選人

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REPRESENTATIVE IN GENERAL COURT 州議會眾議員

Vote for One
選一人

TACKY CHAN Democratic/民主黨 ☐

66 Meadowbrook Rd., Quincy
Candidate for Re-election/競選連任候選人

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REPRESENTATIVE IN GENERAL COURT 州議會眾議員

Vote for One
選一人

RONALD MARIANO Democratic/民主黨 ☐

200 Falls Blvd., Quincy
Candidate for Re-election/競選連任候選人

STEPHEN F. TOUGAS Republican/共和黨 ☐

78 Gilbert St., Quincy
Candidate for Re-election/競選連任候選人

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REPRESENTATIVE IN GENERAL COURT 州議會眾議員

Vote for One
選一人

DANIEL J. HUNT Democratic/民主黨 ☐

31 Pierce Ave., Boston
Candidate for Re-election/競選連任候選人

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REGISTER OF PROBATE 遺囑驗證登記官

Vote for One
選一人

COLLEEN MARIE BRIERLEY Democratic/民主黨 ☐

125 Bond St., Norwood
Candidate for Re-election/競選連任候選人

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COUNTY COMMISSIONER 縣專員

Vote for not more than TWO
最多選兩人

JOSEPH P. SHEA Democratic/民主黨 ☐

6 Heritage Rd., Quincy
Candidate for Re-election/競選連任候選人

RICHARD R. STAITI Democratic/民主黨 ☐

9 Burns Ave., Canton
Candidate for Re-election/競選連任候選人

HEATHER HAMILTON Unaffiliated Independent
75 Longwood Ave., Brookline
未加入黨派獨立黨

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COUNTY TREASURER 縣財政局長

Vote for One
選一人

MICHAEL G. BELLOTTI Democratic/民主黨 ☐

33 Bayberry Rd., Quincy
Candidate for Re-election/競選連任候選人

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SHERIFF (TO FILL VACANCY) 警長 (填補職位空缺)

Vote for One
選一人

JERRY P. McDERMOTT Republican/共和黨 ☐

84 Pond St., Weymouth
Candidate for Re-election/競選連任候選人

PATRICK W. McDERMOTT Democratic/民主黨 ☐

55 Duxbury Ave., Quincy
Candidate for Re-election/競選連任候選人

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QUESTION 1 / 議題 1 LAW PROPOSED BY INITIATIVE PETITION

Do you approve of a law summarized below, on which no vote was taken by the Senate or the House of Representatives on or before May 5, 2020?

SUMMARY

This proposed law would require that motor vehicle owners and independent repair facilities be provided with expanded access to mechanical data related to vehicle maintenance and repair.

Starting with model year 2022, the proposed law would require manufacturers of motor vehicles sold in Massachusetts to equip any such vehicles that use telematics systems — systems that collect and wirelessly transmit mechanical data to a remote server — with a standardized open access data platform. Owners of motor vehicles with telematics systems would get access to mechanical data through a mobile device application. With vehicle owner authorization, independent repair facilities (those not affiliated with a manufacturer) and independent dealerships would be able to retrieve mechanical data from, and send commands to, the vehicle for repair, maintenance, and diagnostic testing.

Under the proposed law, manufacturers would not be allowed to require authorization before owners or repair facilities could access mechanical data stored in a motor vehicle's on-board diagnostic system, except through an authorization process standardized across all makes and models and administered by an entity unaffiliated with the manufacturer.

The proposed law would require the Attorney General to prepare a notice for prospective motor vehicle owners and lessees explaining telematics systems and the proposed law's requirements concerning access to the vehicle's mechanical data. Under the proposed law, dealers would have to provide prospective owners with, and prospective owners would have to acknowledge receipt of, the notice before buying or leasing a vehicle. Failure to comply with these notice requirements would subject motor vehicle dealers to sanctions by the applicable licensing authority.

Motor vehicle owners and independent repair facilities could enforce this law through state consumer protection laws and recover civil penalties of the greater of treble damages or \$10,000 per violation.

A YES VOTE would provide motor vehicle owners and independent repair facilities with expanded access to wirelessly transmitted mechanical data related to their vehicles' maintenance and repair.

A NO VOTE would make no change in the law governing access to vehicles' wirelessly transmitted mechanical data.

YES/贊成 ☐

NO/反對 ☐

QUESTION 2 / 議題 2 LAW PROPOSED BY INITIATIVE PETITION

Do you approve of a law summarized below, on which no vote was taken by the Senate or the House of Representatives on or before May 5, 2020?

SUMMARY

This proposed law would implement a voting system known as "ranked-choice voting," in which voters rank one or more candidates by order of preference. Ranked-choice voting would be used in primary and general elections for all Massachusetts statewide offices, state legislative offices, federal congressional offices, and certain other offices beginning in 2022. Ranked-choice voting would not be used in elections for president, county commissioner, or regional district school committee member.

Under the proposed law, votes would be counted in a series of rounds. In the first round, if one candidate received more than 50 percent of the first-place votes, that candidate would be declared the winner and no other rounds would be necessary. If no candidate received more than 50 percent of the first-place votes, then the candidate or candidates who received the fewest first-place votes would be eliminated and, in the next round, each vote for an eliminated candidate would instead be counted toward the next highest-ranked candidate on that voter's ballot. Depending on the number of candidates, additional rounds of counting could occur, with the last-place candidate or candidates in each round being eliminated and the votes for an eliminated candidate going to the voter's next choice out of the remaining candidates. A tie for last place in any round would be broken by comparing the tied candidates' support in earlier rounds. Ultimately, the candidate who was, out of the remaining candidates, the preference of a majority of voters would be declared the winner.

Ranked-choice voting would be used only in races where a single candidate is to be declared the winner and not in races where more than one person is to be elected.

Under the proposed law, if no candidate received more than 50 percent of first-place votes in the first round, the rounds of ballot-counting necessary for ranked-choice voting would be conducted at a central tabulation facility. At the facility, voters' rankings would be entered into a computer, which would then be used to calculate the results of each round of the counting process. The proposed law provides that candidates in a statewide or district election would have at least three days to request a recount.

The Secretary of State would be required to issue regulations to implement the proposed law and conduct a voter education campaign about the ranked-choice voting process. The proposed law would take effect on January 1, 2022.

A YES VOTE would create a system of ranked-choice voting in which voters would have the option to rank candidates in order of preference and votes would be counted in rounds, eliminating candidates with the lowest votes until one candidate has received a majority.

A NO VOTE would make no change in the laws governing voting and how votes are counted.

YES/贊成 ☐

NO/反對 ☐

議題 2：動議聯名書提議之法律

您是否核准下文概述之法律？州參議院或眾議院於2020年5月5日當日或之前未就該法律投票。

概要

本擬議法律將執行一套名為「優先選擇投票」的投票系統；該系統中，選民將根據偏好順序對一名或多名候選人進行排名。自2022年起，所有Massachusetts州辦事處、州立法辦公室、聯邦國會辦公室，以及其他特定辦公室民選官員的初選和普選都將使用優先選擇投票。總統選舉、縣專員選舉或區域性學區委員會成員選舉不使用優先選擇投票。

根據本擬議法律，投票將進行一系列輪次的點票排名。第一輪中，如果一名候選人的首位排名得票比例超過50%，則宣佈該候選人獲勝，無需進行其他輪次點票。如果沒有任何候選人的首位排名得票比例超過50%，則首位排名得票最少的一名或多名候選人將被淘汰；下一輪點票中，落選候選人所獲得的首位排名得票將被計入該選民選票中排名第二的候選人名下。根據候選人數多少，可能會進行更多輪次點票，每輪點票的最後一名或多名候選人將被淘汰；落選候選人所獲選票將被計入該選民選票所剩候選人中排名最高的候選人名下。任何一輪點票中並列最後的候選人可通過比較前幾輪排名而確定勝負。最後，在所剩候選人中，大多數選民的首選候選人將被宣佈獲勝。

優先選擇投票僅用於單一候選人勝選的選舉；而最終需要多人入選的選舉則不適用。

根據本擬議法律，如果第一輪點票中沒有任何候選人首位排名得票比例超過50%，則將在中央製表設施內進行優先選擇投票所必需的數輪點票。在該設施內，將選民排名輸入計算機，以計算每一輪點票結果。本擬議法律規定，州或地區選舉候選人應該有至少三天時間要求重新點票。

州務卿需要頒布法規以實施本擬議法律，並對選民進行有關優先選擇投票程序的教育。本擬議法律將於2022年1月1日生效。投資成果將產生一個選擇投票排名系統，在此系統中，選民可選擇按優先順序對候選人進行排名，並且選票將按輪數計算，淘汰選票最少的候選人，直至產生一名獲得多數票的候選人為止。

投反對票不會變更有關投票與選票計數方式的法律。

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Early Voting For Nov. 3 Election Begins This Weekend

Cont'd From Page 2

"If they wish, we can come out and get the ballot," Crispo said.

Ballots cast by mail need to be postmarked on or before the day of the election in order to be counted. Unlike the Sept. 1 primary, ballots received after Election Day will still be counted, provided they were postmarked by Nov. 3 and received at City Hall prior to 5 p.m. on Nov. 6.

Crispo said her office will release unofficial election results after polls close on Election Day. Final results will be available once all ballots are counted.

Ward 4 Councillor Brian Palmucci, who had authored the resolution on election access two weeks prior, thanked Crispo for the steps her department is taking.

Palmucci welcomed the addition of new parking spaces outside City Hall and the ability to have an election department worker pickup ballots curbside there.

"I think that's another great innovation that we didn't previously have to make voting that much easier for folks and that much safer for folks," Palmucci said.

"Thank you, Madam Clerk, thank you and your team. I have no doubt that we will have another successful election under your leadership."

Ward 6 Councillor William Harris, who oversees the Quincy Center post office, said Crispo and her department have been fantastic to work with. Harris said his staff was working to ensure residents receive

ballots promptly and they are quickly returned to City Hall without having to go to Boston for sorting beforehand.

"We'll be able to get them back to the city as fast as possible and everybody's vote will count," he said.

Harris also noted that ballots placed in a USPS mailbox on Election Day must be left there prior to the last pickup time in order to be postmarked that day; the last pickup time is listed on each mailbox. He encouraged residents to cast their mail-in ballots early.

"Vote early," Harris said. "Vote early."

Quincy voters will cast ballots in up to seven contested races.

Topping the ballot is the race for president and vice president. The race features

four candidates: incumbent Republicans Donald Trump and Mike Pence; Democratic nominees Joe Biden and Kamala Harris; Libertarians Jo Jorgensen and Spike Cohen; and Green-Rainbow candidates Howie Hawkins and Angela Walker.

In the race for the U.S. Senate, incumbent Democrat Edward Markey of Malden faces a challenge from Republican Kevin O'Connor of Dover.

In the eighth congressional district, which includes all of Quincy, incumbent Democrat Stephen Lynch of South Boston faces a challenge from independent candidate Jonathan Lott of Stoughton.

Two incumbent members of the state legislature who represent Quincy, both Democrats, are facing challenges this year. Both contests are rematches from 2018.

Sen. John Keenan, a Hombomack Road resident, is facing a challenge from independent candidate Alexander Mendez of Shore Avenue to represent the Norfolk and Plymouth District. The district includes all of Quincy, Abington, Holbrook and Rockland as well as part of Braintree.

Rep. Ronald Mariano of

Falls Boulevard will face Republican Stephen Tougas of Gilbert Street in the race to represent the Third Norfolk District. The district includes all of Ward 2 in Quincy as well as Ward 4, precinct 5, and extends south to parts of Weymouth and Holbrook.

The three other representatives who represent parts of Quincy — Bruce Ayers, Tackey Chan and Daniel Hunt, all Democrats — are unopposed.

There are also a pair of contested Norfolk County races on the ballot in Quincy.

The race for sheriff pits incumbent Republican Jerry McDermott of Westwood against Quincy Democrat Patrick McDermott, presently the county's register of probate. The winner of the special election will serve for two years and be eligible to run for a full six-year term in 2022.

Three candidates are in the running for two seats on the county commission. They are incumbent Joseph Shea, a Quincy Democrat; Canton Town Moderator Richard Staiti, a Democrat; and Heather Hamilton, a Brookline selectwoman running as an independent.

Two Democrats are un-

opposed in their bid for county seats: Michael Bel-lotti of Quincy, who is running for treasurer, and Colleen Brierley of Norwood, who is running for register of probate.

Democrat Christopher Iannella Jr. is running unopposed in his re-election bid for a seat on the Governor's Council.

Residents can also vote on two ballot questions this year.

A yes vote on Question 1 would provide motor vehicle owners and independent repair facilities with expanded access to wirelessly transmitted mechanical data related to their vehicles' maintenance and repair. A no vote would make no change in the law governing access to vehicles' wirelessly transmitted mechanical data.

A yes vote on Question 2 would create a system of ranked-choice voting in which voters would have the option to rank candidates in order of preference and votes would be counted in rounds, eliminating candidates with the lowest votes until one candidate has received a majority. A no vote would make no change in the laws governing voting and how votes are counted.

75% Voter Turnout Seen Here

Cont'd From Page 1

The deadline to register to vote in the Nov. 3 election is 8 p.m. on Saturday, Oct. 24. Crispo said her office at City Hall would be open that day for registrations. Residents will also be allowed to register to vote that day at North Quincy High School, where early voting will take place from 8:30 a.m. to 4:30 p.m.

There were 63,132 registered voters in the city as of Oct. 8. More than half of that total, 35,203, are un-enrolled, while there were 22,091 registered Democrats and 4,874 registered Republicans.

Two weeks of early voting will be held this year and residents can also cast mail-in ballots. Crispo said her office will tabulate those

ballots at a central location; the same approach was used for the Sept. 1 primary.

The central tabulation could begin on Tuesday, Oct. 27 and continue on the following days as needed.

The time and location for the central tabulation will be posted on the city's website per state law, which requires the public be allowed to witness the counting of ballots.

City To Waive Restaurants' Liquor License Fees

By SCOTT JACKSON

To provide relief to one of the industries hardest hit by the coronavirus pandemic, Quincy will not charge restaurants to renew their liquor licenses next year.

The Board of License Commissioners on Oct. 6 unanimously approved Mayor Thomas Koch's request to waive the \$2,000 renewal fee for section 12 license holders for 2021.

The mayor, in a letter to the board, thanked the licensing board and its administrative staff for working with various restaurants this summer to expand their outdoor seating areas amid the pandemic.

"I heard from a number of my counterparts across the Commonwealth that Quincy set the standard by supporting a re-opening process that was remarkably easy, efficient, and designed specifically to help, not hinder, our businesses," he said.

With winter approaching, Koch said restaurants will face additional challenges, which is why he asked the renewal fee to be waived.

"These establishments

still face a very difficult several months ahead, and waiving this \$2,000 renewal fee will help make a small difference in their efforts to endure the ongoing economic consequences of these unprecedented times," Koch said.

"As you well know, the restaurant industry is a vital component of our local economy. It provides hundreds of jobs and is the primary source of income for many of our neighbors. We have a great responsibility to give them every tool possible to succeed amid this crisis, and I believe even a small measure such as waiving renewal fees will make a real difference."


City Clerk Nicole Crispo, the chairwoman of the

licensing board, said Koch's request was a generous gift to the city's restaurant owners.

"I'm sure they will appreciate it," she said.

Chris Walker, Koch's chief of staff, said there are 99 restaurants in the city with section 12 licenses, including some with beer and wine licenses. The city will miss out on just under \$200,000 by waiving next year's renewal fees, but Walker said the city's finances would take a greater hit if restaurants go out of business.

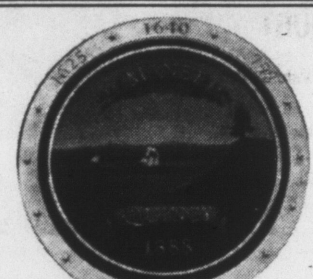
"The concept is to help keep people open," he said in an email. "If we have a number of closings, the revenue hit will be a lot worse than what we take in renewal fees."



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MASSACHUSETTS STATE ELECTION

Tuesday, November 3, 2020

LAST DAY TO REGISTER TO VOTE

Saturday, October 24, 2020

At Quincy City Hall

1305 Hancock Street

From 8:30 AM to 8:00 PM

Voter Registration Is Also Weekdays

At City Hall from 8:30 AM to 4:30 PM

or at www.sec.state.ma/elections

Board of Registrars
Nicole Crispo, City Clerk
Michael F. Grindlay
John Carl Swanson
John P. Dumas

Anne Mahoney To Receive Dennis F. Ryan Award

At First Ever Quincy Democratic City Committee Virtual Breakfast Sunday

The Quincy City Democratic Committee announces Quincy City Councillor at-Large Anne Mahoney will receive the committee's Dennis F. Ryan Community Award at its Annual Breakfast on Sunday, Oct. 18th.

Due to the current COVID-19 pandemic, this year's Quincy Democratic City Committee Breakfast will be a virtual event.

"The Quincy Democratic City Committee is honored and delighted to recognize Anne Mahoney as the recipient of the Dennis F. Ryan Community Award," said Quincy City Democratic



ANNE MAHONEY
City Councillor and
Dennis F. Ryan
Award Recipient

Committee Chairwoman, Alicia Gardner. "This award is given to an individual who exemplifies the principles of the Democratic Party. Anne has for many years been a

strong and vital member of the Democratic Party and the Quincy Democratic City Committee. It is our honor to recognize her hard work on behalf of the Democratic Party."

Councillor Mahoney was first elected as a member of the School Committee in 2006 where she served for 12 years. Mahoney was then elected to the Quincy City Council in 2016 and is currently serving her second term as councillor-at-large where she helped re-establish the Disabilities Commission and stands up for all residents against overdevel-

opment and asking for more than the status quo. Mahoney worked to organize Quincy's first Pride event, Q-Pride 2018 and helped form it into a 501c3 (non-profit organization) which is now a standalone resource for LGBTQA and led the way for the newly formed LGBTQA Commission established in 2019.

Mahoney is the fourth generation of her family to live in her West Quincy home and is a graduate of the Quincy Public Schools. She attended Suffolk University and graduated with a BA in finance.

She is currently a Product Segment Leader to a financial services institution. Mahoney gained global experience as a senior executive at Verisk Healthcare, a predictive modeling company. She also started Cyclone Design, Inc. a graphic design company in 1993 and ran this until 2013.

Anne and her husband Kevin just celebrated their 30th wedding anniversary on Oct. 13th and are the par-

ents of three children: Maggie, Liam and Rory. Maggie and Liam are also graduates of Quincy Public Schools and Mass College of Art. Rory is in her freshman year at Saint Joseph's College in Maine.

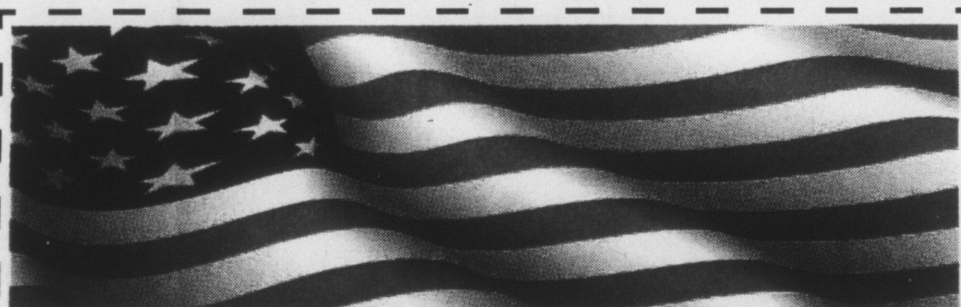
"Thank you. I am deeply honored to receive the Dennis F. Ryan Community Award," Anne Mahoney said. "To be recognized by fellow Democrats and to follow in the footsteps of so many I have respected is a humbling experience. Being a Democrat is very personal to me. Growing up in a large family, I learned that a little kindness can lift the spirits of many. As I got older I realized you also needed courage to take on injustice. Standing up for others who can not stand for themselves is the embodiment of being a Democrat."

Tickets to the Quincy Democratic City Committee Virtual Breakfast are \$10 and can be purchased at <https://secure.actblue.com/donate/quincydemsbreakfast>.

At this year's breakfast the Quincy Democrats also want to highlight the community's COVID Heroes. Let the committee know about the nurse, doctor, teacher, grocery store, postal carrier, nursing home worker, a child that put together a food drive, a friend that ran errands for an elderly neighbor, etc. that you know, and think should be highlighted. Send nominations to Nancy DeLisle at ndelisle26@gmail.com.

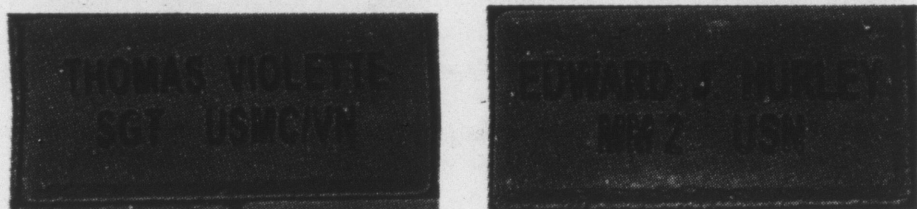
The Quincy City Democratic Committee fosters and advances the ideals and aims of the Democratic Party by working to elect Democratic candidates at the District, Country, State and National level while strengthening the Democratic Party in Massachusetts and the City of Quincy.

Monthly meetings are held on the second Tuesday of each month. Contact quincydemsgmail.com and follow the Quincy Dems on social media for more information.



FLAGS FOR VETS ISLAND SQUADRON 294

Bricks for Veterans Program



PHASE 2 Still Available

The Sons of the American Legion, Squadron 294, Morristown American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for **PHASE 2** are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

BRICKS FOR VETERANS

Line 1: Veteran Name/Rank: _____

Line 2: Branch of Service: _____

Bricks cost \$50 each

Send this form and check to:
S.A.L. Squadron 294
87 Woodcliff Road.
Quincy, MA 02169

For more information or to order, call 617-733-8026

New Animal Shelter Design Nearly Complete

Cont'd From Page 1

say that in a financial aspect - a more manageable place. "They are just finishing that now."

Site work for the project is expected to begin this fall with construction of the building beginning in the spring of 2021.

"They are going to be doing sitework up there in the fall. I expect we should be under construction probably in the spring," Koch said.

"The road was the toughest

est thing up there because the site was difficult...it will just be right off that new road. We have a pad for it ready to go. The construction this fall will be to go in there, test the earth in there, pull out what's loose, put in structural fill so whatever we build for a foundation will be supported by the subgrade."

"Koch in 2017 sought permission from the City Council to borrow up to \$7.1 million for design and

construction of the new animal shelter. Councillors balked at ponying up the full amount with the design not yet complete and instead approved a \$3.55 million bond.

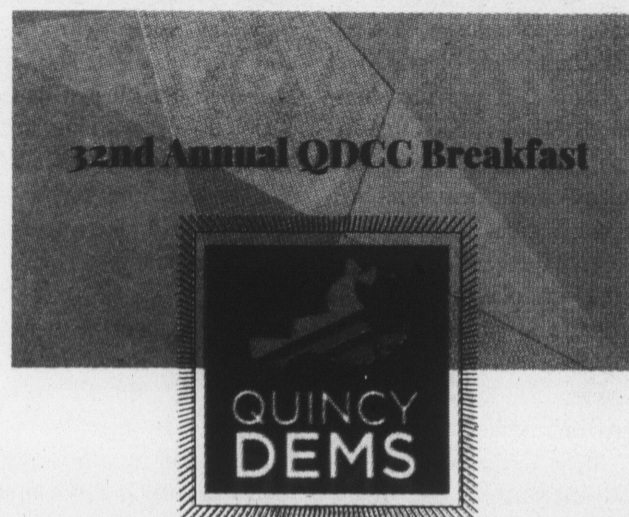
In the recent interview, Koch said he was uncertain if additional funding on top of the \$3.55 million would be needed to complete the project.

"I've got to take a look at that and see where we are on the numbers," he said. "There might be a need."

The mayor called the current animal shelter on Broad Street outdated and credited the volunteers who run their shelter for their efforts to do.

"In all honesty, the shelter we've had for a number of years might have been OK when it was first put up, but it is really, really outdated. It's surrounded by a public works complex that trucks come in and out of all the time. It's all pavement around it. Taking the animals for a walk, for example, is difficult, never mind the condition of the shelter," Koch said.

"I want to make sure I am clear that I am so grateful for the volunteers who work their butts off being stewards of that shelter and taking care of animals that are turned in. They do great, great work with very little money."



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**Anne M. Mahoney,
Quincy City Councillor-at-Large**

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Police, Firefighters Honored As 'COVID Heroes'

By SCOTT JACKSON

The City Council has recognized the Quincy Police and Fire Departments as "COVID-19 Heroes" for their service in the city over the last several months amid the pandemic.

Councillors honored the Police Department at their Sept. 21 meeting and the Fire Department at the following meeting on Oct. 5.

Ward 4 Councillor Brian Palmucci said he and his colleagues plan to take time at the start of each of their meetings to acknowledge and appreciate, "those in our community rising to meet our current challenges," as COVID-19 heroes because they are "the people or groups who represent the best of Quincy."

"We as a council - every single one of us - wanted to start with the men and women of the Quincy Police Department and their families," Palmucci said Sept. 21. "We are lucky to have the men and women we have of such high character and dedication serving in Quincy. They are well-trained, they are well-led, and these folks represent our frontline in public safety. Our city couldn't function without them."

"During the midst of COVID-19, when we've needed them the most, they have been there day in and day out keeping Quincy safe. Doing so at a very difficult time in our society when their motives and professionalism have been questioned, they have shown the resolve, patience and care they are known for."

Ward 1 Councillor David McCarthy said the city's police officers have maintained a positive attitude over the past several months.

"Quincy's force here is solid. All our first responders are professionals," McCarthy said. "With everything going on and the negativity thrown and the villanization thrown at the

police force, these guys still show up, still have a great attitude and are professional and go about their work."

Councillor Noel DiBona said the city's police officers are able to adeptly handle difficult situations.

"I watch and see each police officer in situations that are really baffling handle it with professionalism," DiBona said. "I have seen situations where it could go really, really bad and I see the police officer make it really, really good."

Council President Nina Liang thanked Police Chief Paul Keenan and his department for responding to numerous calls about fire-works being set off over the summer.

"I actually want to thank you very much and everyone in your department for responding to those fire-works going off at all hours of the night. That had been going on for quite some time over the summer in the midst of this pandemic," Liang said.

"In all seriousness, thank you so much to you and your team. Regardless of what state of the world we're all in, you guys are always going to be the first call and the first people to respond to any matters good and bad in this city. I just appreciate that all of you have that job in front of you that you have to do, and you do it well."

Keenan thanked the councillors for their remarks and also recognized the Fire Department, Brewster Ambulance and Health Commissioner Ruth Jones for

their assistance during the pandemic.

"It's really been a tremendous team effort," Keenan said. "All of the patrol officers from top to bottom, all of our civilians from top to bottom and all of our city officials from top to bottom have been fantastic."

Councillor Anne Mahoney on Oct. 5 said the coronavirus has made being a first responder that much more difficult.

"I wanted to thank all of the men and women of the Fire Department, as well as the Police Department. It's a very tough job and I don't think people always take into consideration how hard it is to deal with the situations we deal with in Quincy - and they are also dealing with COVID, so it adds an extra layer of putting themselves out there," Mahoney said.

"We can't do it without the people who work in public safety. I just wanted to take this moment to thank them."

Ward 5 Councillor Charles Phelan Jr. said the department provides a tremendous service to the city. Firefighters, he said, fly to the scene of a fire while everyone else walks away.

"I know me and my family sleep very well at night knowing...they are there for our safety," Phelan said. "From my family and all the residents of Ward 5, we would like to thank you for your service and what you do for the city."

Ward 2 Councillor Brad Croall said the city's fire-

fighters consistently answer the call of duty.

"Coming from an individual, myself, that represents a very senior-oriented district where seconds means lives, you guys consistently answer the call. It's been amazing just to watch the evolution of the department as whole over the past nine years or so as a city councillor," Croall said.

"Thank you for what you do. We're very lucky in the city to have such a deep pool of talent across all levels of public safety and we are blessed to have you all."

Ward 6 Councillor William Harris said the councillors have supported

investments in the Fire Department in recent years to protect firefighters and the public.

"When that bell rings, they are the first to respond," Harris said. "That's why as councillors I know we have supported over the last few years many of the upgrades and many of the things we have done...for our constituents and also for the safety of the folks that work for us, every firefighter and everybody who is involved."

Ward 3 Councillor Ian Cain was among several of his colleagues who congratulated Fire Chief Joseph Jackson on his promotion to

chief over the summer.

"You make supporting the Fire Department that much easier because of your leadership, so I appreciate that and the crews around the city," Cain said. "Thanks very much."

Jackson thanked the councillors for their support.

"Thank you so much for the kind words and thank you for the support over the years. I look very much forward to working with you all for the next hopefully ten years. I'm not going anywhere anytime soon," Jackson said. "Thank you for everything and the words mean a lot to me."

Quincy Store Closed After COVID-19 Case

By SCOTT JACKSON

The Quincy Health Department is asking for the public's assistance with contact tracing related to a COVID-19 case at the Fruit Basket Marketplace on

Granite Street.

Anyone who was in the store between Oct. 2 and Oct. 11 is asked to contact the Health Department at 617-376-1273.

The store is working

with the Health Department on the issue and will remain closed until further notice, Chris Walker, Mayor Thomas Koch's chief of staff, said on Monday.

License Board Concerned About Popeyes Traffic

Cont'd From Page 10

In addition, Harrington said the restaurant is in the process of partnering with Uber Eats on a delivery service and setting up a system for online ordering, both of which he said would take pressure off the drive-through line.

In other business on Oct. 6, the Board of License Commissioners:

Granted Seyha Inc. d/b/a Gong Cha a common victualler license for the premises at 7 Beale St. Manager Piseth Cheav said Gong Cha is an international bubble tea chain. The shop will offer bubble tea and other beverages.

Granted the Common Market Restaurant Group permission to alter its prem-

ises to open an additional 1,500 square feet of outdoor dining and patio space. Greg McDonald said the restaurant has been using the space for outdoor dining on a temporary basis amid the pandemic and wants to use it on a permanent basis going forward. Using the space on a permanent basis requires additional approval from state regulators.

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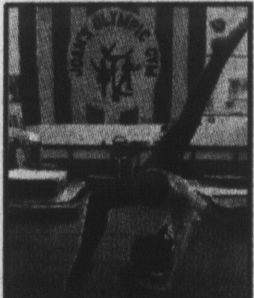
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NQ Girls Soccer Bows To Scituate

By TOM JOYCE

The North Quincy High girls' soccer team scored early, but their opponent scored often.

North Quincy faced the Scituate Sailors on the road Oct. 8 and went up against an experienced team loaded with seniors. North Quincy lost the game 7-1, and fell to 1-2 on the season.

"We have a young team, so I think the fouls killed us, the new rules killed us, the diving in killed us," North Quincy's first-year head coach Devon McKay said. "It's little things we can work on to get better, and we'll get there. We're a young team and I'm excited where this team is headed."

Although North Quincy did not win the game, they scored the first goal of the contest. It came with 14:05 remaining in the first quarter off the foot of freshman midfielder Paige Grippi. She launched the ball over the head of Scituate's goalkeeper and into the back of the net for a score, giving the team a 1-0 lead. However, it didn't take Scituate long to respond.

Less than a minute later, with 13:13 left in the quarter, Scituate capitalized on an opportunity out in front of the net. One of their forwards took a cross pass and tapped it into the net, tying the game at one apiece.

As the first quarter progressed, Scituate put up

two more goals: both on free kicks following North Quincy penalties. One came with 8:40 remaining in the quarter and the other with 2:39 left.

Neither team scored in the second quarter but in the third, Scituate extended their lead to 5-1. They first struck with 16:19 left in the quarter and again with 11:17 remaining on a ball that went over the head of the North Quincy goalkeeper.

Scituate also scored with 16:38 and fewer than five minutes remaining in the fourth quarter.

In addition to Grippi, McKay said that sophomore defender Marybeth Smith played well for North Quincy in the bout.

"She's my stopper," she said. "She's an unbelievable player. She's smart. She's knowledgeable. She knows the game. She's not afraid to get her hands dirty, and just play."

Although North Quincy did not get the result they wanted against Scituate, McKay said she is optimistic about working with a young team over the next few years to come. This year, their varsity roster has just five seniors on it.

"That's the exciting part about soccer," she said. "You have all of these young talented girls and you get to just watch them grow, and I get to mold them into really good players. I'm ex-

cited where this program is heading. It's heading in the right direction."

One challenge the team has run into this season is adjusting to the MIAA's modified rules amid the coronavirus pandemic. A few examples: teams now play 20 minute quarters instead of 40-minute halves, intentional body contact including slide tackling and headers is not allowed, players have to wear facemasks, and there is a two-minute break between the first and second quarter as well as the third and fourth quarter.

"It's definitely a hard adjustment," McKay said. "You look at these freshmen coming in and it's a big change for them. I don't know what's gonna happen come sophomore year when rules either change or stay the same again. It's a hard thing to teach these girls a new game of soccer when they've been playing under the regular rules for 10-12 years, and now something like this is happening, it's hard to teach right now."

A 2010 North Quincy High grad herself, McKay said she is thrilled to be the head coach of her alma mater.

"This is something I've always wanted," she said. "It's definitely a challenge. This is my first head coaching job, but it's definitely something I was ready for and I couldn't think of a better place to start as a head

coach. It's the school I graduated from."

Previously, she served as an assistant soccer coach at Curry College.

"It's definitely helped me," she said of that experience. "I started at the high school level as an assistant coach. Then I went to college for three years, and I learned so much. All of those tools and that knowledge has made me a head coach. That's what happened."

North Quincy's roster this season includes: sophomore goalie Ava Cook, senior goalie Victoria Talarico, sophomore defender Marybeth Smith, freshman midfielder Paige Grippi, senior defender Lauren Manning, senior defender Jordan Della Barba, sophomore striker Keira Murphy, senior defender Mikayla Kennedy, senior defender Fiona Smith, junior midfielder Jamie McAleavey, sophomore striker Maggie Powers, freshman defender Maddy Gola, freshman midfielder Faye Fitzpatrick, freshman defender Nina Smith, junior defender Carly Amendolare, junior midfielder Teresa Kennedy, sophomore midfielder Malanie Chretien, sophomore forward Avery Pitta, sophomore midfielder Maddie Powers, sophomore midfielder Jamie Collins, freshman striker Avery Abrahamovich, and junior midfielder Alex Abrahamovich.

Quincy-North Quincy Cross Country @ Hanover Oct. 7

Scores

Girls lost 24-31 (low score wins)

Boys won 22-35

Girls meet

30 finishers

Distance 2.75 miles

Race won by Gillian Kenney - Hanover HS 18:34

QNQ Finishers

3. Lezly Acevedo 19:16
5. Victoria Mariano 19:52
10. Jennie Burgess 22:12
11. Eileen Durgin 22:16
12. Grace Cody 22:18
14. Sabrina Egan 24:28
15. Maeve White 24:29 (extra loop)
16. Sofie Cerone 24:34
17. Leili Mahrouk 24:48
19. Aluna Coogan-Coyne 25:05 (ran extra loop)
20. Kyla Ho 25:12 (ran extra loop)
25. Juliana DiBlasi 29:18

QNQ is 1-1 in the Fisher Division of the Patriot League

Boys Meet

30 finishers

Race won by Matt Francouer - QNQ HS 15:58

QNQ Finishers

1. Matt Francouer 15:58
2. Robert Cannon 16:02
4. Vinh Tran 16:15
7. Jack Nelson 17:19
8. Jonathan Bina 17:30
9. Kyle Clements 17:40
12. Will Cook 18:18
13. Nathan Doyle 18:26
18. Zach Clements 19:23
22. Trevor Mangino 20:20
23. Dante Nguyen 21:12
24. Patrick Lee 21:28
26. Nick Bina-Rodriguez 22:54

QNQ is 2-0 in the Fisher Division of the Patriot League

Quincy High Girls Soccer Falls To Pembroke

By TOM JOYCE

The Quincy High girls' soccer team had a shutout in the first half, but then their opponent surged in the second half.

The Presidents hosted Pembroke High at home on Oct. 6 at Veterans' Memorial Stadium. While neither team scored in the first half and the Presidents scored the first goal of the game, Pembroke came back. Ultimately, Pembroke put up four unanswered goals and ended up winning the game 4-1. With the loss, the Presidents fell to 0-2 on the season.

"We have great potential for the season," Presidents first-year head coach Bridget Coleman said. "Obviously it wasn't the result we wanted today, but we're gonna be working on possessing the ball, bringing it up as a team. We gotta work on our morale. If we get down, we gotta be able to stay in the game because in the first half, they did great: 0-0. We've got some things to work on."

Neither team could put one in the back of the net in the first half, but each had a couple of scoring opportuni-

ties.

With about 10:30 remaining in the first quarter, Pembroke put a shot on net, after one of their players broke past the Presidents' defense, but senior goalkeeper Gianna Gattorna made a save, neutralizing the threat. Then, with less than two minutes remaining in the first quarter, senior Isabella Hanley had a shot on Pembroke's goal for the Presidents.

Pembroke also had a couple of scoring chances in the second half, but failed to capitalize on them. One came with 7:43 remaining when an offside penalty resulted in a turnover deep in Presidents territory. Additionally, with 4:28 remaining in the quarter, a Pembroke forward missed a pass out in front of the net, and the Presidents quickly regained possession afterwards.

Early in the second half, momentum was on the Presidents' side after Pembroke had a shot bounce off the post just 15 seconds into the third quarter. Ultimately, the Presidents would end up being the first team to score in the bout. Standing

on the right side of the field, sophomore Caroline Campbell blasted the ball left out in front of the net. Her shot was successful, giving the Presidents a goal and a 1-0 lead.

"She's just been like this spark for us that's brought so much energy to the team, so she did great," Coleman said of Campbell. "Our defense has also been doing a phenomenal job as defenders."

However, they would not hold onto that lead for long.

Less than a minute later, with 13:10 remaining in the third quarter, Pembroke tied the game at one apiece after quickly winning the faceoff and driving the ball downfield.

Shortly thereafter, with 9:37 remaining in the third, Pembroke took the lead. They went up 2-1 on a second chance scoring opportunity. Initially, the Presidents made the save, but a forward found the loose ball and booted it into the net almost immediately.

Pembroke continued to control the ball in the fourth quarter, and added insurance to their lead. They got a strong rush to start the

fourth quarter which translated into a goal with 19:08 remaining in the game. They notched another goal with 12:57 but ultimately, their final scoring opportunity of the game was unsuccessful. The Presidents made a stop on a Pembroke penalty kick with about 2:30 left in the contest.

In addition to Campbell, Coleman said the team received a strong performance from senior captain Aisling Kelly in the back. She also noted that Kelly, Emilia Henry, and Katherine Shaughnessy, the team's three senior captains, are the team's leaders this season.

The MIAA's rules for soccer are a bit different this season due to the coronavirus pandemic. Notably, the teams play four 20-minute quarters instead of two 40-minute halves. Intentionally body contact is against the rules, as are slide tackling and headers. Players wear masks on the field, and there is a two-minute break between the first and second quarters and the third and fourth quarters. Halftime is 10 minutes long.

Coleman said adjusting to some of those rule differ-

ences has been a challenge for the team.

"That's been the toughest part because it just throws a whole wrench in people's thought processes out there," she said. "The girls have played the game for years the way they play it, and now they can't be physical with the other team. They can't hit the ball in the air for indirect kicks. It's been tough, but they're working through it and I think they're gonna get used to it after the next couple of games."

A 2007 North Quincy High grad, Coleman also said she is thrilled to be a head coach for a Quincy team.

"I'm really proud of them," Coleman said. "I know it's like a time in your life--especially for the seniors who you feel sorry for because it's been so different--but being the head of

the team, I'm happy, and I'm proud of them."

The Presidents' roster this season includes: senior Gianna Gattorna, senior Hannah MacPhail-Palisi, freshman Anna McPhillips, sophomore Mary Doherty, senior Courtney O'Brien, senior Aisling Kelly, junior Lindsey Hatfield, freshman Kaitlyn Sampson, sophomore Mairead Folan, junior Kathleen Higgins, senior Emilia Henry, freshman Grace Connor, senior Mariejo Ajavon, sophomore Caroline Campbell, senior Emma Lyons, senior Lauren Medeiros, senior Grace Akkara, sophomore Caroline Tracey, senior Isabella Hanley, senior Shannen Murphy, senior Kaci Pettigrew-Lynch, sophomore Helana Middleton, junior Amyah Davis, freshman Ciara Golden, senior Katherine Shaughnessy, and senior Megan MacNeil.

Two Residents Earn Hofstra University Degrees

Two Quincy residents recently earned degrees at Hofstra University in Hempstead, N.Y.

Caroline Bowes received a bachelor of arts in global

studies and sustainability studies.

Samantha To received a master of science in medical physics.

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Baker Announces \$171 Million Eviction Diversion Initiative

Gov. Charlie Baker on Monday announced a comprehensive set of resources, known as the Eviction Diversion Initiative, to support tenants and landlords during the financial challenges caused by the pandemic.

The goal of the initiative is to keep tenants safely in their homes and to support the ongoing expenses of landlords once the state's pause of evictions and foreclosures expires Saturday. This strategy was developed by a cross-agency team assembled by the administration in coordination with the Massachusetts Trial Court to manage the end of the moratorium on Saturday and reflects input from a broad range of stakeholders.

"The pandemic has created financial challenges for many individuals and families who are struggling with rent payments, and today we are pleased to announce a \$171 million initiative to promote household stability, and provide more support for tenants and small landlords," Baker said. "This strategy has been designed to be user friendly and easily accessible for tenants and landlords in need, and is comprised of new or expanded programs to help people stay in their homes. This would not be possible without the Legislature's foresight in granting flexibility for the RAFT authorization. I am grateful to the Court System and all stakeholders for their partnership in this effort in keeping all families and households stable throughout this pandemic."

The administration is making a \$171 million total commitment this fiscal year, with \$112 million of new funding to support new and expanded housing stability programs during the remainder of the fiscal year, including:

A \$100 million commitment this fiscal year to expand the capacity of the Residential Assistance for Families in Transition (RAFT) program to provide relief to renters and landlords impacted by COVID-19; \$48.7 million to HomeBASE and other rapid rehousing programs for when tenants are evicted and are at risk of homelessness; \$12.3 million to provide tenants and landlords with access to legal representation and related services prior to and during the eviction process, as well as community mediation to help tenants and landlords resolve cases outside of court; \$6.5 million for Housing Consumer Education Centers (HCECs), the "front door" for those facing a housing emergency; and \$3.8 million for the

Tenancy Preservation Program (TPP), to provide case management support and to act as a neutral party to help tenants and landlords come to agreement.

New investments will expand the capacity of the RAFT program and increase the maximum benefit available through RAFT from \$4,000 to \$10,000 per household, with a goal of helping more families stabilize their housing for six months, or until the end of June if there are school-age children in the household, on their path to recovery.

New funding will also expand capacity at the nine regional Housing Consumer Education Centers (HCECs) to provide housing counseling and coordinate with community mediators, legal services, and caseworkers. Income eligible tenants and landlords will also be able to access legal representation and related services as they navigate the eviction process.

The administration is also updating the RAFT program to improve turnaround time on applications, while maintaining program integrity, by:

Streamlining the application process for both the RAFT and Emergency Rental and Mortgage Assistance (ERMA) programs for low to moderate income households; verifying applicant eligibility with data collected through MassHealth, the Department of Transitional Assistance (DTA), Department of Unemployment Assistance (DUA), and the Department of Revenue (DOR) referring applicants to MassHIRE Career Centers; and allowing landlords who own fewer than 20 units to apply directly for RAFT and ERMA, with consent from tenants.

With the goal of bringing landlords and tenants together to avoid an eviction, the administration will invest in expanding access to mediation services. In coordination with the Trial Court, the administration is working to launch a new community mediation program that will be available prior to a court filing, and supplement court-provided mediation that is generally available after a filing has been made. The administration will also provide funding to the Trial Courts to support bringing back recall judges to help handle caseload once the moratorium ends and to add additional housing specialists to help mediate agreements. Additionally, the existing Tenancy Preservation Program (TPP) will be expanded to serve a broader population of vulnerable households.

Massachusetts will also

provide additional funding for post-eviction diversion, helping households to find new housing quickly and prevent a longer period of homelessness. HomeBASE, the Commonwealth's rapid rehousing benefit, and the Strategic Prevention Initiative (SPI) will be expanded and continue to offer financial assistance and stabilization case management services to families as they are in the process of securing stable housing. A new temporary emergency program will also provide funds to households for periods of up to 12 months to assist with moving expenses, rent, including first or last month's, or security deposit, while transitioning into a stable housing situation.

"It is important that we support both our tenants and landlords who are struggling due to COVID-19, and changes to the RAFT program, as well as increased resources, will deliver relief more efficiently," said Secretary of Housing and Economic Development Mike Kennealy. "To keep people in their homes and help property owners with expenses, we are streamlining the RAFT application process, expanding the capacity at the 'front doors' where tenants access assistance, and allowing small landlords to apply directly for available funding."

"Housing is a human right and, in the middle of this pandemic due to COVID-19, it is both a concern for public health and economic stability. We applaud the Baker Administration's commitment to launching this important initiative," said Annette Duke, senior housing attorney, Massachusetts Law Reform Institute.

"A broad coalition has come together to support access to legal assistance in eviction actions in Massachusetts because such access will avert unnecessary evictions, displacement, and homelessness - and will prevent human and economic devastation. This initiative creates a path to housing stability that will strengthen all our communities."

When the state moratorium expires, a moratorium established by the Centers for Disease Prevention and Control (CDC) will become effective in Massachusetts. Through December, the CDC moratorium will prevent evictions for non-payment for qualified tenants who submit a written declaration to their landlord. Courts will accept filings and process cases, and may enter judgments but will not issue an order of execution (the court order that allows a landlord to evict a tenant)

until after the expiration of the CDC order. Protection is limited to households who meet certain income and vulnerability criteria. Declaration may be found at [cdc.gov/coronavirus/2019-ncov/downloads/declaration-form.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/declaration-form.pdf).

In order to ensure tenants are aware of available resources, the administration has kicked off a public information campaign, including a new option available to call the Massachusetts 2-1-1 information hotline, effective Tuesday.

Operators for 2-1-1 are trained to answer questions and connect residents to the agencies that administer RAFT and ERMA. An easier path to important information has also been launched on the state's website: mass.gov/CovidHousingHelp. This effort also includes outreach through social media, videos, webinars, and other mediums. All materials and messaging will be made available in multiple languages.

Together, the administra-

tion estimates resources will help thousands of households with varying levels of needs; up to 50,000 households will have access to services at their local Housing and Consumer Education Centers, up to 25,000 households will have access to legal support or community mediation, and up to 18,000 households will have direct financial support. These investments reflect the administration's strong commitment to stable housing for families.

Quincy Point Congregational Church

Quincy Point Congregational Church announces that on Sunday, Oct. 18 there is both online and outdoor activities.

Online Church School for all at 9:15 a.m. and online worship at 10:15 a.m. on the Quincy Point Congregational Church YouTube page. The church is asking members to subscribe, since at least 100 subscribers are needed to unlock some YouTube opportunities, most importantly having worship back at 10 a.m.

The remaining projected date for October outdoor worship is Oct. 25 (weather permitting). Outdoor worship is limited seating for 25 people on the Abbey Road, side lawn of the church (corner of 444 Washington St. and Abbey Road).

Reserve your spot at <http://quincypointcongregational.eventbrite.com>. The

Eventbrite reservation links are functional the Monday before worship.

October is Missions Month and QPCC is collecting personal care items for the unaccompanied youth of the McKinney-Vento program. For a list of items contact the church office at 617-773-6424 or email: office@quincypointcong.org to receive the sign up genius link.

Praying Without Ceasing: Spiritual Practices to Keep Us Grounded is a Zoom Adult Education Opportunity that will start, Wednesday, Oct. 21 from 7 to 8:30 p.m. Rev. Kimberly Murphy has joined with three friends and colleagues: Rev. Liz Williams, pastor of Wollaston Congregational; Rev. Mary Perry, pastor of First Congregational Church of Stoughton; and Rev. Carol

Steinbrecher, interim pastor at Lakeville UCC to create a six-week Zoom program on Spiritual Practices to be shared with the four congregations. Turns will be taken leading the weekly classes.

The six-week program will offer study and practice in different forms of prayer. Some may be familiar, and some may be new. There is an optional companion book that will be referenced through the program. You do not need the book in order to participate; however, if you would like to purchase it, it is, "A Good Life: Benedict's Guide to Everyday Joy," by Robert Benson.

Sign up through the Quincy Point Congregational Church Office at 617-773-6424 or email: office@quincypointcong.org as the church will need to know where to send the Zoom meeting invitation.

Downtown Construction Activities

Proposed work activities for the week of October 12th, 2020



- Work continues at 25 Temple St on Washington St for the new building foundations. The sidewalk along Temple St remains closed during construction with the continued pedestrian detour. Businesses in this area remain open during construction.
- Construction continues to the north and south foundation walls at the General's Bridge project. The contractor will begin receiving the new bridge decks that will span the MBTA track and stage them onsite this week. Deliveries for the bridge sections will come in from Walter J. Hannon Parkway to the McConville Way site. The bridge sections are being staged this week and will be installed next weekend.
- The contractor at the General Dunford Drive project will continue installing new drainage infrastructure, water main improvements, and install steel reinforcements for the foundation of new serpentine benches. The section of sidewalk along Hancock St remains closed adjacent to the site. The temporary pedestrian detour remains in place. Pedestrians should continue to cross the street at the crosswalk before the project area.
- The contractor will continue underground electrical and communication improvements for the General McConville Way project this week. In addition, the contractor will begin grading a section of new roadway from the new McConville Way that will connect to the existing Messina Lot and the Cliveden Place garage access on Rossway. This grading will create a temporary ramp in Rossway. Vehicles are requested to slow down and use caution when entering Rossway because of the temporary ramp in front of the Messina Lot and Cliveden Place garage access.

(The photo on the above left is a picture of a new electrical and communication duct banks within the new McConville Way roadway. The photo on the above right is a picture of the contractor compacting the new roadway subgrade at a southern section of McConville Way.)

<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction questions at: 781-264-4646 or email at: pmccarthy@woodardcurran.com

Leaky Valve Covers, Storage, Snow Tires, Electric Cars

Ask John Paul: AAA New England's Car Doctor

When my classic Oldsmobile 442 was in for service it was noted that the valve covers were leaking badly. This is a job I would like to attempt however a few questions for you. In the early days there was only one gasket cement available. Today, there are many; which one would you use? Also, what about coating the bolts to prevent the valve covers from loosening in the future? Last time I tightened by feel a little beyond snug. Do they need to be torqued?

The key to a leak free gasket repair is clean, smooth mating surfaces. The other issue is the valve covers themselves needs to be completely straight and true. The steel valve covers can become uneven over time from excessive re-tightening. Any gasket cement is used only, to hold the gaskets in place not to seal a leak, that is the job of the gasket itself. The valve cover bolts should be evenly torqued without any tread locker. The valve cover bolts do not loosen; the gaskets shrink over time.

I came across your email from a forum post about windshield repair/replacement. I thought you may be able to help, as my Hyundai dealer won't give me a straight answer. I have a leased SUV which is due back in about 60 days. The windshield has a crack in it and needs replacement. Can I use a local window shop in my area? Or do I need to use a national company or do I need to use the service department from my Hyundai dealership?

Most dealerships sublet their windshield business, so who puts the windshield in is not as much of an issue as the replacement windshield itself. Some vehicle leasing contracts require factory glass only. Others state that any replacement parts (glass included) meet or exceed the manufacturers specifications. Before you replace the windshield look over your leasing agreement or call Hyundai customer service for end of lease information.

I am going to store my new to me 1968 MG-B in an indoor storage unit and I have read all over your storage tips, but one thing that concerns me is rodents. How can I make sure these critters stay out of my car?

The predator sprays and granules that "smell" like a fox or coyote usually do a pretty good job of keeping mice away. Some people also use oil of spearmint or even fabric softener dryer sheets to keep mice away. Recently I received an email from www.getcoverseal.com that is coming out with a car cover that is weighted around the perimeter that is supposed to keep out mice and rats. If this works as advertised (I am waiting to try one out) it could be the answer for this nasty problem.

My husband and I are having a disagreement and have a dinner bet on the answer. I say that our new BMW 330 xDrive needs snow tires. My husband thinks because it is all-wheel-drive it does not, and extra tires would be just a waste of money.

Certainly all-wheel-drive improves traction in snowy conditions but it is more than just snow you need to worry about. The rubber compound of dedicated winter tires is designed for cold weather performance. With summer or even all-season tires as the temperature drops the tires lose some grip. An all-season tire is a bit of a compromise, where a winter tire is specialized for those conditions. Think of all the different types of sneakers that you can buy and how they can vary based on the sport (hiking, tennis, running walking) you want to use them for. Tires are very similar.

Our two key fobs stopped functioning on our 2002 Chrysler PT Cruiser, oddly this happened after the car was serviced. Is it possible for us to revive the fobs ourselves without taking them to the dealership?

This is a bit odd that both fobs would stop working at the same time. Although my wife had a Volkswagen once that after it was about eight years old every year or so I would need to reprogram the remote fobs. With your PT Cruiser you may be able to program the fobs, providing the fobs

work. The first thing you need to do it make sure the fobs are transmitting. Some auto parts stores have display to test key fobs. I have seen them near where they sell replacement batteries for fobs. If the fobs are transmitting, the next step would be to try programming the fobs to the car. Here is the typical procedure for your car. You do need to follow the directions step by step. Step one press the [LOCK] button 5 times at 2 second intervals to resynchronize transmitter. Step two turn ignition to the run position (allow ignition chimes to stop). Step three, using original transmitter, press and hold the [UNLOCK] button on the transmitter for between 4 and 10 seconds. Step four continue to hold the [UNLOCK] button and press the [PANIC] button. A chime will sound to indicate that the transmitter programming mode has been entered (Allow 3 seconds for chime to sound). Step five, press a button on all transmitters to be programmed into the system including any previously programmed transmitters; a chime will sound when each transmitter has been programmed. Step six turn the ignition to the OFF position to exit the transmitter programming mode. If this doesn't work, you will need to go to the dealer or perhaps a full service automotive locksmith.

I have a car that I inherited from an aunt in Florida. The car runs great but the paint looks terrible. The car is a Chrysler Sebring convertible and it is red. The trunk and hood look terrible; the clear coat on the paint is all white and chipping off. I went to a body shop and they suggested sanding the paint down to the color coat and then re-spraying the clear coat. I like the car, but the price was \$1,800 and I'm not prepared to spend that much money on this car, even though the car cost me nothing more than transportation to get it home. I tried waxing the car but that only made the problem worse. Is there anything I can do?

The body shop gave you the correct answer for a professional repair. If you are not too fussy about the overall results, I have seen people use a synthetic scrubbing pads (similar that you would use in the kitchen) to remove as much flaking paint as possible. Then clean the paint using an electric buffer and polishing compound. When you have the paint cleaned up as much as possible add a good quality wax. This won't make up for the failing clearcoat and there will be some white spots, but from a distance the paint will have a shine and it will look much better.

I have been following your advice (watched your video) about protecting myself when refueling my car and avoiding COVID. I keep a bottle of hand sanitizer in my cupholder and use it after refueling. I had someone in my car and he said he heard reports of hand sanitizer spontaneously combusting due to heat. Is there any truth to this or just an internet tale?

I did a little research on this subject during the height of summer and I can't see how it would happen. Even though there is alcohol in the hand sanitizer it won't spontaneously combust until well above 500 degrees. Even on the hottest day parked in the sun your car's interior is not going above 180 degrees.

My son purchased a 2019 Volkswagen 35th anniversary GLI Jetta about a year ago. He has been doing some research on adding extra horsepower and torque and found a company which claims to add a substantial amount of horsepower and torque by doing an enhancement to the car's computer. The company recommends their authorized dealers to do the installation. My main question is if you have heard of this CPU enhancement and do you offer any unbiased pros /cons for this procedure, and results? We are not mechanical by any means other than routine car maintenance. My concern is, would this upgrade void the six-year, 72,000-mile bumper to bumper warranty?

It is amazing what tuning can do to improve overall performance of some models, but it is a bit of risk versus



JOHN PAUL
AAA's Car Doctor

reward. As a general rule, if the cars computer software is modified it will change vehicle emissions and could violate the Federal Clean Air Act. In addition, adding more boost from the turbo-charger can put more stress on the engine and cause early failure. As an example, I have seen many cases with the very popular Subaru WRX, that after modification the engine fails and because of the aftermarket-tune, the warranty is considered void. As a rule the dealer/manufacturer must honor your warranty unless the modifications you have added to your vehicle caused the failure and this is where it gets tough to prove that those modifications didn't lead to the failure.

I keep seeing plenty of advertising about electric cars, I have two questions for you: would you buy one and do you think there is enough electricity to power electric cars in the near future?

I recently reviewed the all-electric Chevrolet Bolt and with its 250-mile range could easily replace my primary vehicle in almost every driving situation. I found charging to be easy and depending how far it was driven on a given day even charging with 120-volt house current was workable. Having a 240-volt home charger would make charging much quicker and more efficient. I believe in a couple of decades gasoline cars may be as rare as manual transmission cars are today. Regarding electrical capacity, some reports show that by the year 2050 the electrical grid demand will increase 38 percent due to electric vehicle recharging. To offset this off-peak vehicle charging will be necessary to limit stress on the grid. In this scenario powerplants would produce electricity to charge vehicles when they are typically idle (late night). Hopefully as wind, solar and other future technology replaces high polluting powerplants, charging electric vehicles will be part of that equation.

I need some help. I have a Ford truck that I use occasionally for trips to the home center and the dump. It has started to skip and when it was checked I was told it was the number two cylinder misfiring. I replaced the plugs, but the issue still is there. I do not have any other tools than hand tools and don't really want to invest in a code reader. Where do I go from here?

The easiest and cheapest way to diagnose the problem is to swap the ignition coil on cylinder two with another coil. With the engine warmed up and running take a spray bottle with water in it and spray the manifold. If the water immediately vaporizes the cylinder is firing. The cylinder with the former number two coil won't be as hot and won't vaporize the water. Now replace the offending coil and all should be good.

I have Jeep Grand Cherokee with four-wheel disc brakes. The other night I was backing up and when I stepped on the brakes, I heard a loud crash. I thought I backed into something. I pulled forward and everything was fine. I had the Jeep brakes looked at and the shop said the pads and calipers are fine. They also looked at the suspension and although six-years old was fine. Any thoughts on this mystery noise?

I would have the rear brakes looked at again. Your Jeep like many vehicles with four-wheel disc brakes use a parking brake inside the rear brake rotor. It is possible that one of the parking brake shoes came loose and bound up and pulling forward jarred it back into place. Have the brakes checked again, this time have the shop remove the rear brake rotors to inspect the parking brake.

I have a 2014 Volkswagen Beetle and it is the best car I have ever owned. I have only replaced the brakes and tires in the past six years. The battery is original, should I replace it? I had it tested last year, and it was fine.

According to testing we have performed at AAA the average life of a battery in the Northeast is about 54 months. At this point it would be in your best interest to replace the battery before you have a problem this winter what a battery works the hardest.

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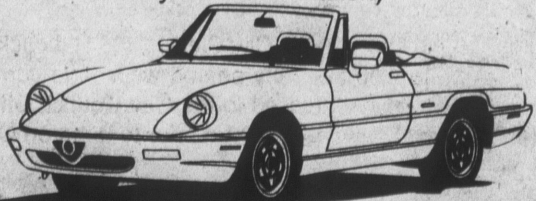
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Ask John Paul: AAA New England's Car Doctor

Cont'd From Page 20

I have some tree sap on my car. Without going to a professional, any suggestions for getting this sticky stuff off without ruining the paint?

I'm a fan of products from Stoner Car Care and they have a something called Tarminator. It cleans off dead bugs, sap and road tar and is easy on the paint. I have also had good luck with Goo-Gone which is an adhesive remover. A regular listener to my radio program uses hand sanitizer. He says uses the type with 70 percent alcohol and lets it sit on the sap until it softens enough until he can wash it away. Most of these products will take off the wax, so a quick application of wax after cleaning off the sap to protect the paint is time well spent.

I currently own a 2016 BMW 320i and have constantly been having issues with my car lights (mainly my rear brake lights and now my passenger blinker light). I took my car into the dealership last month to have it serviced and they initially fixed the light issue, but a month later the lights were malfunctioning. Do you think there is a short in the wire or is this a common issue with these vehicles? The other problem is an error message has been popping up in my car's computer display stating there is a drivetrain issue. As a result, the car occasionally has a hard time starting. I am curious if there is anything, I can do to fix this issue. If you have any advice about these issues, I would greatly appreciate it.

There have been several issues with lights: a burnt pin connector that affects the rear lights and a software update for the turn signals. The connector issue looks like it requires a wiring repair and perhaps a new bulb socket. If a complete repair wasn't performed, then the problem will continue. The drivetrain warning light needs a bit more investigation. A tech will need to scan the car for fault codes and get a bit more details. Generally, if it is a coil issue you will get a flashing check engine light. If you are getting a flashing check engine light, then I would suspect a faulty spark plug or ignition coil.

I was reading your advice column and it said you would provide a personal response to all emails, so here goes. I have a 2009 Nissan Versa and it will need brakes. What would the typical cost for front brakes on this car?

The price can vary based on the quality of the parts and the labor rate in the shop. Labor rates today range from \$80 to over \$150 per hour. It takes about an hour to change the brake pads, add another 30 minutes or so to install new brake rotors. The factory brake pads run about \$86 and the factory brake rotors \$109. Aftermarket brake pads can be purchased for as little as \$12 and brake rotors for at little as \$20 online. It is my experience when it comes to brake components, you get what you pay for. Some of these bargain price components will squeak, grab and the rotors will easily go out of round. You don't need to buy the most expensive parts but buy quality parts with a warranty. And yes, I will try to answer every email with a personal response.

I remember changing radiator hoses and fan belts every couple of years. I have a seven-year-old truck, and everything still looks great. How long do these parts last now and is there a time that I should just change them?

Some parts in cars today seemingly last forever. Exhaust systems sometimes last longer than the car they are on. Radiator hoses and drive belts are easily lasting 10 years and

100,000 miles if not longer. As a vehicle ages, it still makes sense to periodically inspect belts for cracks and glazing

and hoses for bulges, soft or hard spots. Replace any rubber parts that looks questionable to prevent a breakdown.

AAA: Massachusetts Child Passenger Safety Compliance Needs A 'Boost'

Too many young children are not riding in age-appropriate child restraints, according to a AAA Northeast analysis of Massachusetts crash data.

AAA Northeast recently analyzed MassDOT crash data and found that an alarming number of children were in-

volved in crashes while riding without child restraints. In 2019, one third of 5-year-olds and more than half of 6 to 7-year-olds wore only seat belts or, in some cases, were unrestrained entirely:

Age	0	1	2	3	4	5	6	7
% of children involved in crashes that were riding outside a child restraint	11%	11%	11%	15%	21%	33%	45%	61%

Currently, Massachusetts law requires children to ride in a child restraint until age 8 or until they are taller than 57 inches.

The American Academy of Pediatrics recommends that children ride in a:

- Rear-facing car seat as long as possible (at least until age 2), followed by a
- Forward-facing car seat until they reach the highest weight or height allowed by the manufacturer, followed by a
- Booster seat until they are 57 inches tall

"Riding in an age-appropriate car seat or booster seat instead of an ill-fitting seatbelt can make the difference between a minor injury and a severe injury for a young child,"

said Mary Maguire, director of Public & Legislative Affairs for AAA Northeast. Motor vehicle crashes are a leading cause of death for children, and more than 1200 children under 8 years old were injured in crashes on Massachusetts roads in 2019.

On a positive note, the percentage of 5-7 year-olds riding in child restraints has risen in recent years, but child restraint usage for 0-2 year-olds has barely budged. With that in mind, AAA Northeast is working to pass Senate Bill 1411/House Bill 3575, which would require children under two to ride rear-facing.

"Our top priority is keeping children safe and ensuring they're properly restrained," Maguire said.

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for:

EQUIPMENT & COMPONENTS FOR VEHICLE/FLAT BED MOUNTED GRAFFITI REMOVAL SYSTEM
PUBLIC WORKS
October 29, 2020 @ 11:00 a.m.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through email: purchasing@quincyma.gov. Questions will be accepted until October 23, 2020 at 12:00 p.m.

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR
Kathryn R. Logan, PURCHASING AGENT

10/15/20

NOTICE OF PUBLIC HEARING

Notice of Public Hearing
2020-125, 2020-126, 2020-127, 2020-128

In accordance with Governor Charles D. Baker's March 10, 2020 order suspending certain provisions of the Open Meeting Law, G.L. c. 30A, § 20, a meeting of the Ordinance Committee of the Quincy City Council will be convening via remote conferencing services on Monday, October 19th at 6:30 p.m. that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access relative to any and all matters pending in this committee including, but not limited to:

- 2020-125 - Ordinance - Amending Municipal Code - Chap. 196 Licenses and Permits - Adding to Article II - Business Licenses and Fees - Section 196-14 - Regulation of Short-Term Residential Rentals
- 2020-126 - Order - Accepting the Local Excise Tax provision of M.G.L. Chapter 64G - Room Occupancy Excise
- 2020-127 - Order - Accepting the Community Impact Fee provision of M.G.L. Chapter 64G - Room Occupancy Excise - Professionally Managed Units
- 2020-128 - Order - Accepting the Community Impact Fee provision of M.G.L. Chapter 64G - Room Occupancy Excise - Two-family or Three-family Dwellings

Join Zoom Meeting - <https://us02web.zoom.us/j/89966330680>
Meeting ID: 899 6633 0680
Dial by your location - +1 312 626 6799 US (Chicago) /+1 646 558 8656 US (New York)

A copy of these orders may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M. Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on October 19th to be entered into the record.

Nicole L. Crispo
Clerk of the Council

10/15/20



"There! You now get 120 channels of that!"

OBITUARIES

Michael A. McKinnon

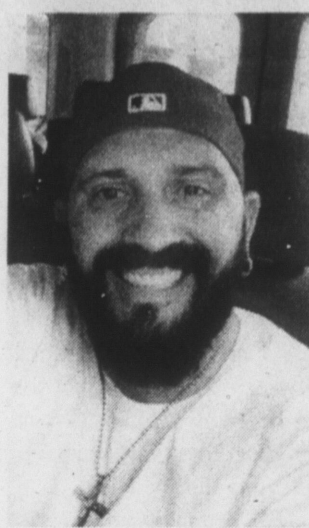
Michael Andrew McKinnon of Bridgewater and formerly of Quincy died suddenly on Oct. 5.

Born in Boston, he was the son of Mary K. McKinnon of Quincy. He was a graduate of Quincy High School and went on to serve in the United States Coast Guard.

Mr. McKinnon was a past member of the Quincy Yacht Club. He enjoyed boating and was a talented sketch artist. Mr. McKinnon was extremely proud of reaching his sobriety and reconnecting with his family and friends over the past several years.

He was the grandson of Kathleen McKinnon of Quincy and the late Robert McKinnon. He was the nephew of Kevin McKinnon and his wife Lynne of Quincy, Terrence McKinnon and his wife Melissa of Marshfield, and the late Gregory McKinnon. He is also survived by his cousins Katherine, Gregory, and his Goddaughter Elizabeth McKinnon of Quincy; Tyler, Rebecca, Ryan, and his Godson Kyle McKinnon of Marshfield.

In light of current circumstances surrounding Covid-19, all services are private.



MICHAEL A. MCKINNON

The McKinnon family would like to express our sincere gratitude to the Jamaica Plain VA Center - SARTP Unit. We are deeply appreciative of their loving assistance and support. It is because of them that we had Mike back in our lives for the past 3 years. If you would like to assist us in providing support for other families, please make a donation in Mike's name to: VAMC, 150 S. Huntington Ave. (135), Boston, MA 02130 "Donation Goes To SARTP" (Substance Abuse Residential Treatment Program).

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Sandra L. Oates, 77

A memorial service for Sandra L. (Parker) Oates, age 77 of Quincy, formerly of Abington, was held Oct. 9 in MacKinnon Funeral Home, Whitman.

Mrs. Oates died Oct. 3 after a long fought battle with cancer.

Beloved wife of the late James Oates.

She was born in Boston, the daughter of late Walter Parker and Agnes (Treska) Parker. Mrs. Oates was the co-owner of J.S.J Cleaning Co. of Abington along with James.

She is survived by her children, Wendy McLaughlin of Quincy, Ronald Parker and daughter-in-law Toni Parker of East Bridgewater, Debra Marion of Hanover, Jonathan Oates of Bridgewater and stepdaughter Donna Oates of Lynn, her beloved sister Patricia Houle and brother-in-law



SANDRA L. OATES

Alec Houle of Harwich. She adored her 7 grandchildren and several great-grandchildren and 2 nephews.

Mrs. Oates was a kind and loving soul who always found the good in everyone she met. She made everyone feel comfortable and loved through her soft words and funny stories. She enjoyed playing bingo, ceramics and making jewelry and most of all spending time with family.

Private interment.

Memorial donations may be made to dana-farber.org

James A. Cosseboom, 78

James A. "Jim" Cosseboom, age 78, of East Bridgewater, formerly of Quincy, died peacefully, Oct. 7 in the comfort of his home, surrounded by his loving family.

Born in Quincy, to the late Chester A. and Margaret (MacMaster) Cosseboom, he was raised there and was a graduate of Quincy High School, Class of 1959. He earned his Bachelor's degree from Bentley University.

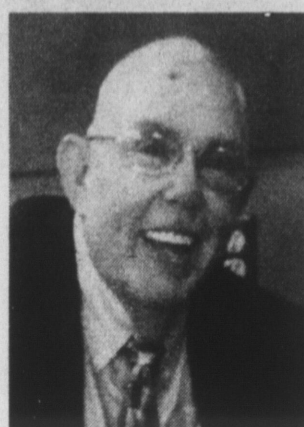
Mr. Cosseboom lived in East Bridgewater for the past thirteen years, previously in Quincy for all his life.

He was a tax accountant and the owner of Cosseboom Tax Service in Whitman for over twenty-five years. Previously, he was employed as vice president of finance for the International Paper Company, formerly the Kendall Company, for twenty-three years.

Mr. Cosseboom was a member of the Knights of Columbus, Whitman Council #347, and was previously a member of North Quincy Council #2259.

Most of all, Mr. Cosseboom was devoted to his family, actively supporting their many activities and accomplishments.

Beloved husband for fifty-two years of Patricia A. (Nolan) Cosseboom. Devoted father of James Cosseboom, Jr. and his



JAMES A. COSSEBOOM

wife Meredith of Plymouth, Thomas Cosseboom and his wife Kari of Wall Township, N.J., Michael Cosseboom and his wife Tiffany of Inverness, Fla., and Meaghan Cosseboom of East Bridgewater. Loving grandfather of Timothy, Sara, Brian, Shane, and Kallie.

Dear brother of Jack A. Cosseboom and his wife Barbara of Braintree, Donald C. Cosseboom of Naples, Fla. and his late wife Jacqueline, and predeceased by Edward Cosseboom, Chester A. Cosseboom, Jr., and Florence M. Panora and her late husband Arthur. He is also survived by a number of nieces, nephews, and "grand-dogs."

In light of current events, funeral services are private.

Memorial donations may be made to the charity of your choice.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Betty Francomano, 96

Betty (Charlton) Francomano, age 96, of Weymouth died Oct. 4 at home with family by her side.

Mrs. Francomano was raised and educated in Wollaston graduating North Quincy High School in 1942. She joined the Navy and served in San Francisco for two years.

She married her husband of 68 years, John, in 1951. They settled in Weymouth to start a family and have lived there since. After the children were older, Mrs. Francomano enjoyed working various part time jobs in the South Shore where she met many friends. She enjoyed traveling with her husband to various island locations, wintering in Florida for ten years, and created many fond memories on Long Island, ME throughout her life. Mrs. Francomano was a true woman of faith who remained involved and dedicated to the First Church in Weymouth.

She was predeceased by her beloved husband John G. Francomano. She is survived by her children Steven Francomano and his wife

Elaine of Holbrook, Susan Dagesse and her husband Raymond of Plymouth, Ellen Simmons and her husband Clark of Weymouth, and David Francomano and his wife Shelley of Pembroke, her seven grandchildren Kristine, Angela, Abigail, Teone, Matthew, Cassie, and Lindsay, her fourteen great grandchildren, and four great-great grandchildren. She also leaves behind many loving nieces and nephews.

Due to the current viral crisis, funeral services for Mrs. Francomano will be private.

She and her husband John will be interred together at Massachusetts National Cemetery, Bourne, at a later date.

Memorial donations may be made to the Autumn Hospice, 454 Washington St. #B3, Norwell, MA 02061 or to First Church in Weymouth, 17 Church St., Weymouth, MA 02189.

Funeral arrangements were made by C. C. Shepherd Funeral Service, Weymouth.

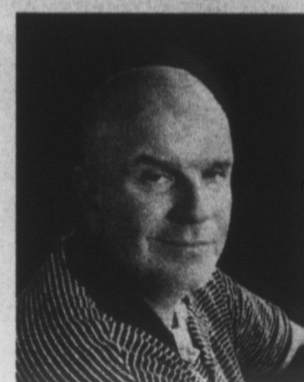
John Canavan Gartner, 49

A funeral Mass for John Canavan Gartner, age 49, a lifelong resident of Quincy, was privately celebrated in St. Ann's Church, Quincy.

Mr. Gartner died Oct. 6 at Massachusetts General Hospital in Boston.

Born in Falmouth on Sept. 5, 1971, he was raised in the Wollaston neighborhood of Quincy. He was the son of the late Helen W. Canavan and Bernard L. Gartner. Mr. Gartner attended local schools and graduated from Boston College High School with the Class of 1989 and continued his education at UMass Boston. He worked for Fidelity where he helped build and run the foreign exchange operations. He enjoyed his work and the relationships he built throughout the years. A selfless and caring person, Mr. Gartner stopped working in 2014 to stay home and care for his ailing mother up until her death in 2016. Since then, he was a devoted stay at home dad to his two young sons.

Family was the most important part of Mr. Gartner's life. There was not anything else he would rather be doing other than hanging out at home with his children. He always reflected on the summers as a child he spent on the Cape with family and friends, something he wanted his boys to experience as they grew up. Mr. Gartner enjoyed listening to a variety of music and ensured his sons, though young, started to gain an appreciation. An ideal weekend evening for him was cooking a great meal together with his wife, trying a new wine and enjoying a football game. Mr.



JOHN CANAVAN GARTNER

Gartner was very resourceful and practical, always thinking ahead and well informed. He had a unique way with words and was often described by friends as the most genuine and funny person in the room and known for his witty commentary.

Mr. Gartner was a sincere, caring and loving person. His love for family and friends is part of his great legacy that continues through his children, family and friends. He will be missed by all the lives he touched.

He was the beloved husband of Michaela A. Edwards, with whom he shared 15 loving years. He was the devoted father of Thomas C. "Tommy" Gartner and Michael B. Gartner, both of Quincy. He is also survived by many loving aunts, uncles, cousins, extended family and friends.

Following cremation, Mr. Gartner will be interred privately.

Memorial donations may be made to the charitable organization of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Kathleen M. Leahy, 77

Kathleen M. Leahy, age 77, a lifelong resident of Quincy, died suddenly Oct. 10 surrounded by her loving family.

Ms. Leahy was born in Boston, raised and educated in Quincy. She was a graduate of Quincy High School, Class of 1961. She received her Associate's Degree from Aquinas College in Milton in 1963.

She was employed as a legal secretary for Lyne Woodworth & Evarts LLP of Boston for forty years.

Ms. Leahy was a longtime parishioner of Saint Mary's Church in West Quincy. She enjoyed traveling, reading, and gardening. Ms. Leahy was dedicated to her family, especially her nieces and nephew, great nieces and great nephews.

Beloved daughter of the late John A. and Elizabeth T. (Doherty) Leahy. Devoted

ed sister of the late Dennis A. Leahy and Elizabeth M. Leahy. Dear sister-in-law of Karen E. Leahy of South Weymouth. Loving aunt of Denise K. Bagley and her husband Steven, Jr. of Whitman, Debra M. Leahy of South Weymouth, and Dennis A. Leahy, Jr. and his wife Morgan of Fall City, Washington. Cherished great aunt of Steven E. Bagley III, Katelyn D. Bagley, William D. Bagley, Maeve Quincy Leahy, and Ryan Dennis Leahy.

In light of current events, funeral services are private.

Memorial donations may be made to Saint Mary's Church, c/o 757 Hancock St., Quincy, MA 02170.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Honor Your
Loved One's
Memory
With Flowers

cliffords.com
1.800.441.8884

OCT

15

2020

Nancy A. Carroll, 87

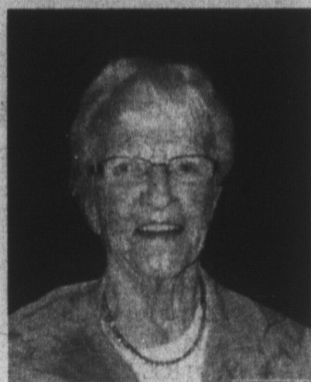
Nancy A. (Jennings) Carroll, 87, of Quincy and Tammarac, FL, died peacefully at her home on Oct. 10.

Born in Boston on Nov. 28, 1932, she was raised in Milton and was the daughter of the late Arthur and Alice M. (Hansen) Jennings. She attended local schools and graduated from Milton High School with the Class of 1950. Following graduation, she continued her education at Lasell College.

Mrs. Carroll worked for New England Telephone and then later the City of Quincy as a crossing guard. She loved her work, the kids she protected and the relationships she built throughout the years. In her spare time, Mrs. Carroll loved to play bingo and also enjoyed crocheting, shopping, dining out and spoiling her grandchildren. Family was the most important part of her life. She loved her children and grandchildren and there wasn't anything she wouldn't do for the people she cared for.

Mrs. Carroll was always trying to make other's lives better. She was a warm person who lived her life by love, kindness, generosity and humor. Her life lessons and example are only part of her great legacy that continues through her children and grandchildren. She will be missed by all the lives she touched.

She was the beloved wife of the late John J. Carroll, who died in 2002. Together they shared many years of loving marriage. She was the devoted mother of



NANCY A. CARROLL

Dianne A. Sleeth and her husband Robert of Scituate and Nancy A. McDonald and her husband James of Hanover. She was the loving grandmother of Ashley McDonald of Boston, Brian McDonald of Hanover, Brandon Sleeth and his wife Maura of Weymouth and Lauren Sleeth of Hanson. She was a cherished aunt to Denise O'Sullivan and her husband Daniel of Dorchester, Maryellen O'Sullivan and her husband Robert of Dorchester, Patty Kelly and her late husband Michael of Braintree and Clare Jennings Logan and her husband James of Jamaica Plain. She is also survived by many dear friends.

Visiting hours are 4 to 8 p.m. Thursday in Pyne Keohane Funeral Home, Hingham.

Mrs. Carroll's Mass of Christian Burial will be celebrated privately.

Following cremation, Mrs. Carroll will be interred privately.

Memorial donations may be made to The Jimmy Fund c/o Dana-Farber Cancer Institute, PO Box 849168, Boston, MA 02284-9168.

Joan C. Usher, 87

Joan C. Usher, age 87, of Middleboro, formerly a longtime Quincy resident, died peacefully Oct. 4.

Born on April 6, 1933, she was the first child of the late David C. Usher, Jr. and Hazel (Schools) Usher of Quincy. Ms. Usher was a graduate of The Woodard School and a proud alumni of Boston University.

Her career calling was to help others as a licensed social worker. She devoted many years to Quincy Social Services where she retired as a supervisor. She also gave back to her community by volunteering for Quincy First Night and being active in the Quincy Historical Society. Ms. Usher enjoyed participating in services and activities at the Parish of All Saints in Dorchester.

She is survived by her brother, David C. Usher III of Middleboro, her niece, Joan Usher Larkin of Lakeville, her nephew, David C.



JOAN C. USHER

Usher IV of Bridgewater, and her two great-nephews, Daniel Larkin and David C. Usher V.

Funeral services and interment are private.

In lieu of flowers, the family recommends a donation to the Parish of All Saints at allsaints.net or to plant a tree in her memory.

Funeral arrangements were made by O'Neill Funeral Home, Middleboro.

Catherine T. Stevenson, 92

Catherine T. (Mento) Stevenson, age 92, of Quincy, died peacefully Oct. 8 at Southwood at Norwell Nursing Center, surrounded by her loving family.

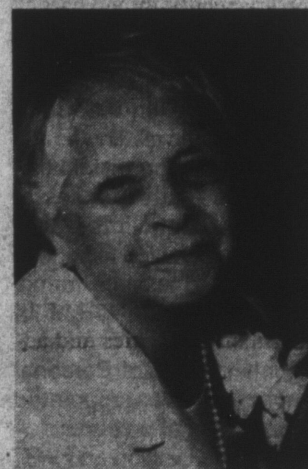
She was born in Chelsea, to the late Santos and Fedora (Carrillo) Mento. Raised and educated in Charlestown, she attended Charlestown High School. She had lived in Quincy for fifty-five years, previously in Charlestown.

Mrs. Stevenson was a devoted homemaker. She also worked at the former Schrafft's Candy in Charlestown and for the former Sears, Roebuck and Company Mail Order Store in Boston.

She was a member of Saint Joseph's Church in Quincy. Mrs. Stevenson was a social and charismatic person who enjoyed spending time with family and friends.

Beloved wife of the late William "Buddy" Stevenson. Devoted mother of William C. Stevenson of Quincy, Samuel A. Stevenson and his wife Kimberly of Plymouth. Loving grandmother of Christa L. Girard and her husband Josh of St. Louis, MO, Adam M. Lorenzetti, Kyle T. Stevenson, both of Plymouth, Kayla Stevenson of FL, the late Anthony G. Stevenson, and the late Leah J. Lorenzetti. Cherished great-grandmother of Cameron, Samantha, Mya, Natalie, and Jacob. Dear sister of Mary Mento and Fedora Sullivan, both of NH, the late Tony Mento and the late Irene Lewey. She is also survived by many nieces and nephews.

In light of current events, funeral services are private.



CATHERINE T. STEVENSON

Memorial donations may be made to Quincy Elder Services, 440 E. Squantum St., Quincy, MA 02171.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Glenn T. Munn

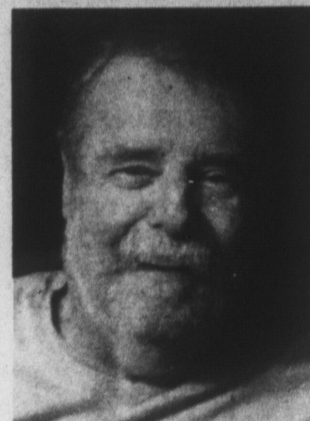
The funeral service for Glenn T. Munn of Quincy was private.

Mr. Munn died Oct. 5.

He is the beloved husband of 44 years to Jean (Ash) Munn and the late Irene (Ford) Munn. Devoted father of Thomas Munn and his wife Heather of FL, Julie Connolly of Quincy and Erin Curran and her husband Paudraig of East Bridgewater. Cherished Grampy of Christopher, Matthew, Journey, Zoey and the soon to be Baby Curran. Loving brother to Alec Munn of Weymouth.

Mr. Munn proudly served in the U.S. Army in Vietnam, earning a Bronze Star for his service. He worked for the city of Quincy for many years before retiring.

He loved the Christmas season and spending time with his family, especially his grandchildren. He loved his birthday and thought it was the most important day of the year. He was an avid sports fan who had a "sweet jump shot at the Washing-



GLENN T. MUNN

ton School Courts" and was a late night hockey goalie. Many in Quincy remember him as a great basketball and baseball coach, others remember him as a terrible winner of games. Mr. Munn is very loved and will be deeply missed.

Interment at Fairmount Cemetery, Weymouth, at a later date.

Memorial donations may be made to Homes For Our Troops, 6 Main St., Taunton, MA 02780.

Funeral arrangements were made by McDonald Keohane Funeral Home, South Weymouth.

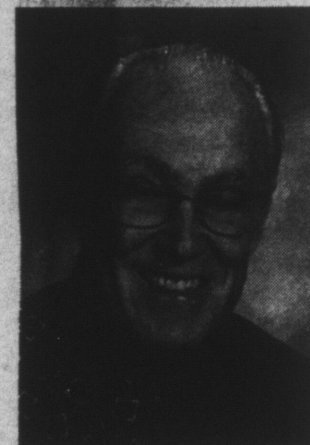
Leonard W. Harding, 96

Leonard W. Harding, age 96, of Quincy, formerly of Holbrook, died peacefully Oct. 8 at Hancock Park Rehabilitation & Nursing Center.

He was born in Quincy, to the late Harry W. and Lillian G. (Williams) Harding. Raised and educated in Quincy, he was a graduate of Quincy High School, Class of 1941, and Westminster College in PA, Class of 1949. Mr. Harding was listed in Who's Who Among Students in American universities and colleges.

He recently lived in Quincy for two years, previously in Holbrook for sixty-three years.

Mr. Harding was a World War II veteran having



LEONARD W. HARDING

served in the U.S. Navy as an aviation cadet aboard the USS Mission Bay (CVE-59) aircraft carrier. Notably, the USS Mission Bay escorted President Roosevelt on-board the cruiser Quincy as

Cont'd on Page 25

Kenneth Jordan

A funeral Mass for Kenneth Jordan of Quincy was celebrated Wednesday at Divine Mercy Parish in Sacred Heart Church, Quincy.

Mr. Jordan died peacefully, surrounded by his loving family, after a sudden illness at South Shore Hospital on Oct. 7.

Born in Brookline, he was a son of the late Leonard Jordan and Margaret "Peggy" (Smith). Mr. Jordan was a graduate of the Boston Trade High School and went on to serve a term in the United States Air Force. Mr. Jordan was a splicer with the Boston Edison Company, retiring in 1999 after 34 years of service. He was entirely devoted to his family, and the greatest joys in his life came from time spent together with them, especially his five grandchildren.

Mr. Jordan was the beloved husband of Mary B. (Gill) Jordan of Quincy. He was the devoted father of Catherine and her husband Timothy McLaughlin of East Bridgewater, Diane and



KENNETH JORDAN

her husband Timothy Boyle of Mt. Pleasant, SC, and the brother of Rev. Regis Jordan, OCD of Washington, D.C. He was the loving grandfather of Aidan, Eoin, and Niamh McLaughlin, all of East Bridgewater, and Brendan and Declan Boyle, both of Mt. Pleasant, SC.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Divine Mercy Parish in Sacred Heart Church, 386 Hancock St., North Quincy, MA 02171.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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LEGAL NOTICE

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO

G.L. c. 190B, §5-304
Docket No. NO20P2166GD
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
In the matter of:
Iretha Cooper
Of: **Randolph, MA**
RESPONDENT
Alleged Incapacitated Person

To the named Respondent and all other interested persons, a petition has been filed by New England Sinai Hospital of Stoughton, MA in the above captioned matter alleging that **Iretha Cooper** is in need of a Guardian and requesting that **Maxine Cooper of Brooklyn, NY** and **Kandice Fleming of Waterville, ME** (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 11/25/2020. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 29, 2020
PATRICK W. McDERMOTT
Register of Probate
10/15/20

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO20P1567EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Frank T. Atchison
Date of Death:
April 9, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Mary P. Atchison** of **Great Barrington, MA**.

Petitioner **Paul J. Atchison** of **Chelmsford, MA**.
a Will has been admitted to informal probate.

Mary P. Atchison of **Great Barrington, MA** and **Paul J. Atchison** of **Chelmsford, MA** has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
10/15/20

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO20P1585EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Louise M. Reilly
Date of Death:
March 21, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Michael K. Cook** of **Quincy, MA**.

a Will has been admitted to informal probate.
Michael K. Cook of **Quincy, MA** has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
10/15/20

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO20P1731EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Anthony Garst
Date of Death:
September 12, 2019

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Jonathan Garst** of **Sharon, MA**.

a Will has been admitted to informal probate.
Jonathan Garst of **Sharon, MA** has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
10/15/20

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO20P2213EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Peter Sorgi
Date of Death:
May 30, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Lea C. Sorgi** of **Quincy, MA**.

a Will has been admitted to informal probate.
Lea C. Sorgi of **Quincy, MA** has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
10/15/20

LEGAL NOTICE

CITATION ON PETITION TO CHANGE NAME

Docket No. NO20C0182CA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
In the Matter of:

Scott Anthony Maynard
A Petition to Change Name of Adult has been filed by

Scott Anthony Maynard of **Quincy, MA** requesting that the court enter a Decree changing their name to:

Violet Rose Seferl
IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Norfolk Probate and Family Court** before 10:00 a.m. on the return day of 11/18/2020.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: October 5, 2020
PATRICK W. McDERMOTT
Register of Probate
10/15/20

LEGAL NOTICE

CITATION

Docket No. NO20P1298EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Case Name:

Wesley Thomas Kobles
To all interested persons:
A Petition has been filed by: **Juliana L. Duarte Neves Kobles** of **Quincy, MA** requesting: **Petition for Sale of Real Estate** for reasons more fully stated in said petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on 11/04/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Patricia A. Gorman, First Justice of this Court.

Date: September 30, 2020
PATRICK W. McDERMOTT
Register of Probate
10/15/20

More news online at
www.TheQuincySun.com

NOTICE OF PUBLIC HEARING

Case ZBA 20-34

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 27, 2020 @ 5:30 P.M. to consider the application of **DAVID GUIMARAES** for a **VARIANCE** to finish a portion of the basement using the Owens Corning Basement Finishing System to be used as a Family room/Laundry room in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **55 LYONS STREET, UNIT 3, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting
Time: Oct. 27, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://zoom.us/j/94518150825?pwd=V3h1YTNYUGItZjmdXl0zStrY1dpdz09>

Meeting ID: 945 1815 0825

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 945 1815 0825

Passcode: 542850

Find your local number: <https://zoom.us/j/94518150825>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincvma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.
10/8/20, 10/15/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-64

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 27, 2020 @ 5:30 P.M. to consider the application of **BRIAN LAROCHE** for a **VARIANCE/SPECIAL PERMIT FLOOD PLAIN** to subdivide the lot into two (2) lots and construct a single family home on the newly created lot in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 8.1.9 (special permit flood plain) on the premises numbered **170 RHODA STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting
Time: Oct. 27, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://zoom.us/j/94518150825?pwd=V3h1YTNYUGItZlmdXl0zStrY1dpdz09>

Meeting ID: 945 1815 0825

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 945 1815 0825

Passcode: 542850

Find your local number: <https://zoom.us/j/94518150825>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincvma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.
10/8/20, 10/15/20



PLEASE RECYCLE THIS NEWSPAPER

OCT

15

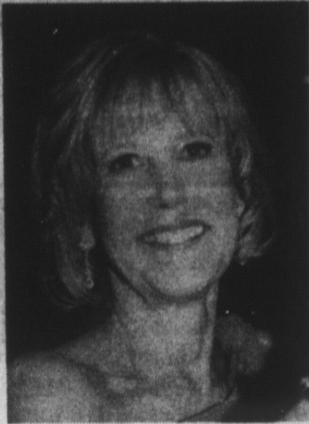
2020

Denise A. Connelly, 66

Denise A. Connelly, age 66, of Weymouth, died peacefully Sunday in the comfort of her daughter's home, surrounded by her loving family.

Ms. Connelly was born in Boston, to the late Elinor M. (Novelli) and William J. Connelly, Lt., Q.F.D, Ret. Raised and educated in Quincy, she was a graduate of Fontbonne Academy, Class of 1972. She also graduated from Katharine Gibbs Secretarial School. She had lived in Weymouth for six years, previously in Braintree for over fifteen years, and earlier in Quincy.

She worked as an information technology administrator for State Street Bank for over twenty years and retired in



DENISE A. CONNELLY

2011.

Ms. Connelly enjoyed the beach, especially the beaches in Falmouth and Englewood, FL. She loved gardening, reading, the theatre, movies, concerts, and music, especially Tom Petty, Tina Turner,

Bruno Mars, and The Beatles. Ms. Connelly loved all animals, especially her beloved yellow lab, Sam. She loved the Red Sox and Patriots, and of course, Tom Brady. She had a great sense of humor, strong faith, and would often include song lyrics into conversation. She was warm, loving, and brave. She battled and survived many devastating medical illnesses and always maintained a positive attitude.

Following her retirement, Ms. Connelly helped nurture and raise her grandchildren, whom she loved dearly.

Beloved companion for twenty-six years of Donald Lynch, Jr. Devoted mother of Nicole D. McDonagh and her husband Patrick of Quincy, Steven W. Romanowski and his wife Margaret of Braintree. She is also survived by Donald's children, Kristen Lynch of Braintree, and Jenna Canducci and her husband Christopher of Avon.

Loving grandmother of Julianne, Olivia and William McDonagh, Wes, Pace, and Eliza Romanowski, and baby Gia Canducci, who was born on Sept. 22, 2020. Loving sister of Barry J. Connelly

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS PROBATE COURT NORFOLK DIVISION
Docket No. 20E0022PP

To The Estate of Norma S. Leo and to Norman E. Leo of Quincy in the County of Norfolk and to all other persons interested:

A petition has been presented to said Court by Peter Leo of Rockland in the County of Plymouth representing he holds as tenant in common undivided part or share of certain land lying in Quincy in said County, and briefly described as having a street address of 28 Albertina St., Quincy, MA and setting forth that he desire that - all the following described part of said land may be sold at private sale for not less than five hundred ninety thousand (\$590,000.) dollars and praying that partition may be made of all the land aforesaid to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance if all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Canton before ten o'clock in the forenoon on the 4th day of November, 2020, the return day of this citation.

Witness, Patricia A. Gorman, Esquire, First Judge of said Court, this 5th day of October, 2020.

PATRICK W. McDERMOTT
Register

10/15/20, 10/22/20, 10/29/20

of Quincy and the late Brian F. Connelly. She is also survived by many close, lifelong friends, whom she loved like family.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2370EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Valerie Caldas
Date of Death:
April 30, 2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Rosalyn Marzelli of Wilmington, VT and Robert Marzelli of Wilmington, VT requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Rosalyn Marzelli of Wilmington, VT and Robert Marzelli of Wilmington, VT be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 11/12/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: October 5, 2020

PATRICK W. McDERMOTT
Register of Probate

10/15/20

Thursday from 4 to 6 p.m. Relatives and friends are invited to attend.

A Funeral Mass will be celebrated at Divine Mercy Parish in Sacred Heart Church, Quincy, on Friday, October 16, at 10 a.m. Interment to follow at Blue Hill

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2376EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Nancy Frances Chamberlin
Also known as:
Nancy F. Chamberlin
Date of Death:
July 19, 2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Craig M. Chamberlin of Tampa, FL requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Craig M. Chamberlin of Tampa, FL be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 11/12/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: October 5, 2020

PATRICK W. McDERMOTT
Register of Probate

10/15/20

Cemetery, Braintree.

Services are operating in accordance with current guidelines.

Memorial donations may be made to The Leukemia & Lymphoma Society Donor Services, P.O. Box 98018, Washington DC 20090-8018.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2389EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Wincenty Gil
Also known as:
Vincent S. Gil,
Wincenty S. Gil
Date of Death:
May 25, 2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Beata Espinosa of Pasadena, CA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Beata Espinosa of Pasadena, CA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 11/12/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: October 6, 2020

PATRICK W. McDERMOTT
Register of Probate

10/15/20

Leonard W. Harding, 96

Cont'd from Page 23

he returned from the Yalta Conference. He served in both the Atlantic and Pacific Theaters.

Mr. Harding was a mechanical engineer and began his career alongside his father at the former Harding Welding & Piping Corporation in Quincy. As he began his career, Mr. Harding took courses at Franklin Technical Institute and MIT. He then worked for Shooshanian Engineering, Inc. in Boston for ten years and with the BR+A Engineering Company in Boston for twelve years. He retired in 1998.

He was a lifelong active member of the Fort Square Presbyterian Church in Quincy where he served as a past elder, teacher of Christian education, and choir member. Mr. Harding was also the former chairman of the Holbrook School Committee, past president of the N.E. Mechanical Contractors, former member of the Kiwanis Club of Quincy, and poll worker in Holbrook. Mr. Harding also volunteered at South Shore Hospital as a chaplain's aide and escort. He enjoyed gardening and working around his home.

He co-authored a book, with Lloyd Allen, called "Spiritual Secrets of Aging Mall Walkers and Friends."

Beloved husband for seventy years of Patricia J. (McClure) Harding. Devoted father of Jodi Fletcher and her

husband Donald of Abington, Paige Mino and her husband Mario of Guatemala, and Roberta Gansenberg and her husband Alan of Salem.

Loving grandfather of Corey Fletcher, Kyle Fletcher and his girlfriend Jill Zahar-eas, Ian Fletcher, Jenni Rose (Mino) and her husband Alejandro Castroconde, Kelly (Gansenberg) and her husband Christian Stein, Tracy (Gansenberg) and her husband Ryan Cox, and Cammy Gansenberg. Cherished great-grandfather of Liam, Langdon, Josephine, and Lilah.

He was predeceased by his sister, Lois M. Marshall, and is also survived by several nieces and nephews.

Due to limited occupancy at the church, memorial services at the Fort Square Presbyterian Church will take place privately. The service will be livestreamed on Thursday at 10 a.m. at facebook.com/FortSquarePresbyterian/live/.

Graveside services, with military honors, will be conducted at Union Cemetery, Holbrook, at noon on Thursday.

Services are operating in accordance with current guidelines.

Memorial donations may be made to the Fort Square Presbyterian Church Mission Fund, c/o 16 Pleasant St., Quincy, MA 02169.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

PUBLIC NOTICE

PUBLIC NOTICE OF SMALL CELL FACILITY PETITIONS

Pursuant to Section 13.12.110(c)(10) of the City of Quincy Municipal Ordinance, the following is a public notice that Celco Partnership d/b/a Verizon Wireless has filed with the Director of Inspectional Services Petitions for Permit to install Small Cell Facilities on the following utility poles:

- Utility Pole #20 located adjacent to 64 Bromfield Street
- Utility Pole #7 located adjacent to 47 Ridgeway Street
- Utility Pole #10 located adjacent to 65 Holmes Street
- Utility Pole #99-90 located adjacent to 795 Hancock Street
- Utility Pole #21 located adjacent to 175 Elmwood Avenue

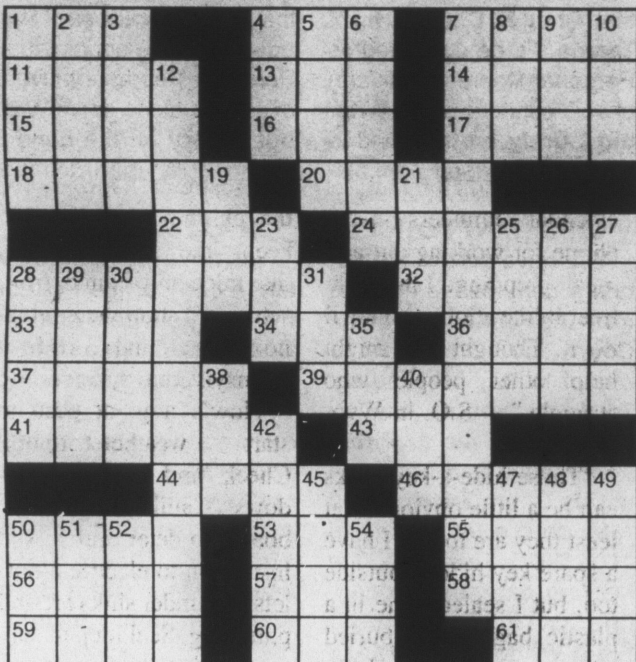
Copies of the Petitions noticed above are available for review at the Inspectional Services Department, 55 Sea Street, Quincy, Massachusetts 02169. Staff from the Department may be reached at (617) 376-1450.

10/15/20

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Recede
4 Petrol
7 Potato
11 Settled down
13 Mischief-maker
14 Cautious
15 "Bye"
16 Neither partner
17 Rice or Tyler
18 Ledge
20 Dispatch
22 Mary — cosmetics
24 Half a wet-weather pair
28 Game like pinochle
32 Hoosgow
33 Valhalla VIP
34 Dog's foot
36 Burrito cousin
37 Fifth-day Christmas gift
39 Paraphrase
41 Impressionist?
43 Feathery neck-piece
44 List-ending abbr.
- DOWN**
- 2 Cornestibles
2 Mediocre
3 Small snack
4 Martini ingredient
5 Out of control
6 Parsley serving
7 Brightly marked butterfly
8 Skillet
9 Samovar
10 Coloring agent
12 TV news pun-dits, often
19 Online info page
21 Once around the track
23 "Uh-huh"
25 Gumbo need
26 Membership
27 Advertise strongly
28 Drill
29 Fix a manuscript
30 Galvanizing stuff
31 Listener
35 "Charlotte's —"
38 Collection
40 Weep
42 Tall and slender
45 Kegler's pathway
47 Morning co-host Kelly
48 Rip
49 Quest
50 TV drama that spawned "NCIS"
51 Expert
52 Energy
54 Pistol



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MAGIC MAZE • ROAD SIGNS

G E B Y W U R P Y A W E N O N
K I G D B Z Y A W G N O R W X
V S Q O M K W I G E C A U Y W
U S D Q K E E P R I G H T P N
L J H E V K E E P L E F T F E
W E X I T C P A Y X G V H U S
Q O G P N O P A R K I N G N M
K J L H T B U M P F E C I B Z
Y X V S D A O R H G U O R X U
T R Q P R E T N E T O N O D O
M L K N R U T T F E L O N I H

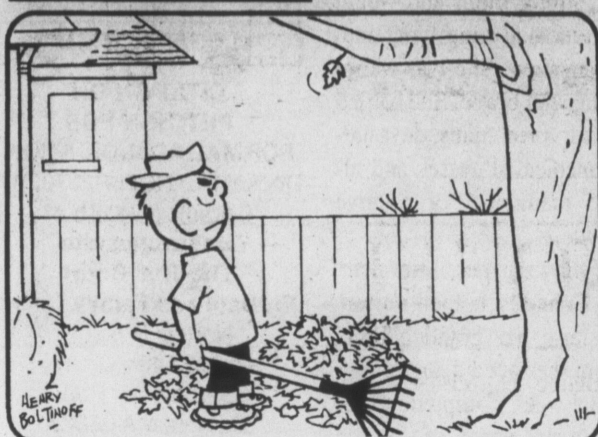
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Bump	Give way	No parking	Slow
Detour	Keep left	No right turn	Stop
Do not enter	Keep right	One way	Wrong way
Exit	No left turn	Rough road	

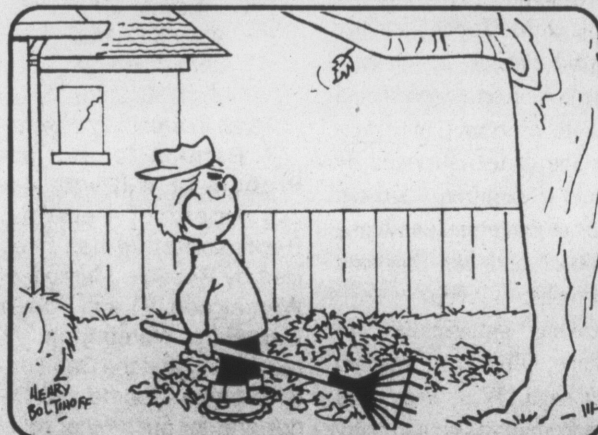
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window is cracked. 2. Boy's hair is different. 3. Bushes are missing. 4. Pile of leaves is larger. 5. House is narrower. 6. Shirt has long sleeves.

Trivia test

by Fifi Rodriguez

- GEOGRAPHY:** Which city is known as "The Eternal City"?
- FOOD & DRINK:** What is the name of the bee used in advertisements for Honey Nut Cheerios?
- LANGUAGE:** What does the Latin phrase "ad meliora" mean?
- MEASUREMENTS:** How many inches are in a hand?
- U.S. STATES:** A resident of which state might be called a Buckeye?
- MOVIES:** Who were the three stars of the film "Three Amigos"?
- GAMES:** Which "ailment" was added to the Operation board game in 2004?
- ASTRONOMY:** Which two planets in our solar system lack natural moons?

- Answers**
- Rome
 - Buzz
 - Toward better things
 - Four
 - Ohio
 - Steve Martin, Martin Short and Chevy Chase
 - Brain Freeze
 - Mercury and Venus
 - A maiden who chooses who may die in battle, and which of the slain are worthy of a place in Valhalla
 - Data

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Wishing Well

8 3 6 4 7 5 3 4 8 4 2 5 8
S C A G Y S H E E T B E C
3 7 5 7 3 8 7 8 7 4 5 2 5
E O T U E U W R I O H E I
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R R C L G L H G I A I D H
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T V N Y S I S I G I S Y S
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A Y Z O E T E O U A O R R
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U F N O D S I T R H S T D
5 6 2 6 7 5 2 6 5 7 5 2 2
A E A R A R B S D R S L E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Some flashes of Aries ire might erupt as you confront an unusually bewildering situation. But you should be able to keep your temper under control as you work through it.

TAURUS (April 20 to May 20) That marriage 'twixt the arts and practicality that Taureans excel at once again highlights your enjoyment of much of the week. However, you need to watch any sudden urge to splurge.

GEMINI (May 21 to June 20) Even with all the plusses apparently outweighing the minuses, you still might want to defer an important decision to make sure you have all the facts you need.

CANCER (June 21 to July 22) One or two problems might threaten to derail otherwise smoothly running situations at work or at home. But a few well-placed words should help get things back on track quickly.

LEO (July 23 to August 22) This could be a good time for all you Leos and Leonas in the spotlight to open your generous Lion's hearts and share the glory with those who helped you accomplish so much along the way.

VIRGO (August 23 to September 22) You might want to get advice from someone who's been there and knows these situations better than you do, before investing time or money (or both) in a questionable matter.

LIBRA (September 23 to October 22) Be careful how you handle a workplace matter that seems out of place in

the schedule you've prepared. Before you act, one way or another, find out who set it up and why.

SCORPIO (October 23 to November 21) Your entertainment aspect is strong this week. Besides providing a wonderful break from everyday obligations, sharing fun times brings you closer to those you care for.

SAGITTARIUS (November 22 to December 21) Having a weekend fun fest? Your friend or relative who's down in the emotional dumps could perk up if you find a way to include him or her in your plans.

CAPRICORN (December 22 to January 19) If you're in one of those "the Goat knows best" periods, you might want to ease up and try listening to what others have to say. You could learn something.

AQUARIUS (January 20 to February 18) That new challenge is getting closer, and you should be out there now showing facts and figures to potential allies to help persuade them to rally to your support. Good luck.

PISCES (February 19 to March 20) Getting a head start on holiday plans could help free up some time later to spend on other projects. Meanwhile, a colleague has some ideas that you might find worth discussing.

BORN THIS WEEK: You are always there for others, and sometimes you need to be reminded that you need to be there for yourself as well.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: B equals L

U M C A O C V U A R K O R U J O A U T J G E O
O T N O X U C B B Q M F K C E F B O T X O A V T
U ' E X C B B U V C N K F V O O A E U O V

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King Crossword

Solution time: 21 mins.



Magic Maze

ANSWERS:



CryptoQuip

answer
I'd call it a pro-teen diet. especially for adolescents. If an eating regimen is made

OCT

15

2020

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- This year's Oscar winner, Brad Pitt (for "Once Upon a Time in Hollywood"), has finally settled on his next acting gig. He'll be playing an assassin in "Bullet Train," based on the Japanese novel by Maria Beetle. The gossip mill is saying that the 56-year-old, eternally youthful-looking star is dating 27-year-old model Nicole Poturalski. An unknown source supposedly close to Brad reveals, "Brad has absolutely no plans, nor any desire to get married again; Brad doesn't want a girlfriend he's with every day." We'd believe that, but what would we do with last month's rumors about him getting back together with Jennifer Aniston after their virtual table reading of "Fast Times at Ridgmont High?"

Have you been wondering where Madonna has been? She's been planning a film biography of herself. The "Evita" Golden Globe-winning actress has teamed with the Oscar-winning screenwriter of "Juno," Diablo Cody, on a screenplay about the singing superstar's life that Madonna will direct herself. She confesses, "The focus of the film will always be music. Music has kept me going and art has kept me alive. There are so many untold and inspiring stories, and who better to tell them than me? It's essential to share the roller coaster ride of my life with my voice and vision." It'll be interesting to see how she sees herself!

In this era of superhero and IMAX epics, we are going to be treated to Oscar-winners Anthony Hopkins and Olivia Coleman in "The Father."

Their screen time together will be magic. Hopkins, in the title role, essays a man suffering mental deterioration due to his old age. As Variety explains: "It places us in the mind of someone losing his mind -- and does so by revealing that mind to be a place of seemingly rational and coherent experience." The film debuted at Sundance earlier this year and will be released in most major markets on Christmas Day.

Chris Hemsworth has no plans to give up his hammer anytime soon. After four stints as "Thor," he admits, "Thor is far too young, he's only 1,500 years old. It's definitely not goodbye to the brand!"

If you haven't seen Henry Gouling (who became a star because of "Crazy Rich Asians") and Emilia Clarke (of "Game of Thrones") in "Last Christmas," it's worth downloading. There's an amazing twist that you will not see coming. Gouling is filming "Snake Eyes," a prequel to the "G.I. Joe" franchise, due in October 2021. Meanwhile, Clarke and former "Doctor Who" Matt Clark have been seen together around London and could be a romantic item.

First there was "Black-ish," then "Mixed-ish" and "Grown-ish" and now there will be a fourth ABC spinoff, "Old-ish." It stars Laurence Fishburne and Jennifer Lewis, reprising their roles as Earl "Pops" Johnson and Ruby Johnson as they give love a second chance. What's next? "Divorce-ish!"

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **
* Moderate ** Difficult
*** GO FIGURE!

	+		x		10			
x		-		x				
	÷		+		10			
+		x		-				
	+		+		17			
15		8		11				
1	2	3	3	4	6	7	8	9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Faience Figurines -- Emile Galle is a famous artist, a leader of the Art Nouveau movement in France in the mid-1800s. He started his art while working at his father's furniture and pottery factory. By 1877, he managed the factory and started making clear glass. He soon developed a style of his own making vases of heavy, opaque colored glass in layers that he carved into plants and flowers. He called it cameo glass. In 1878, his exhibit at the Paris Exhibition made him famous, and he promoted Art Nouveau designs in his glass and in the marquetry on his furniture. By 1885, he founded a workshop for furniture and made pottery.

Many modern collectors only know about Galle's cameo glass, yet his pottery and furniture are often sold at shows and auctions. Furniture can be identified by the script name "Galle" as part of the marquetry design. The heavy faience (pottery) vases have thick walls, curved patterns and rounded edges and rims. Each is colorful and decorated with natural shapes of plant life. But little is written about his seated faience. Each cat is about 12 inches high and 7 inches wide. Most are glazed yellow, although some are blue, black or green with small scattered hearts and circles as decorations. A few have elaborate drawings of flowers covering the body. Every cat had glass eyes and a grin.

Morphy Auctions sold a signed pair of yellow Galle figurines with scattered hearts and circles on a yellow background for \$1,476 despite minor damage. At first glance they look like two cats, but one is a frowning bulldog. We wonder why cats are almost the only animal figure he

made.

Q: We found an old baby cup when we moved into my parents' 1898 house. It's marked "Pairpoint Mfg. Co., Quadruple Plate, New Bedford, Mass." Can you give me any information about it?

A: The Pairpoint Manufacturing Co. started in New Bedford, Massachusetts, in 1880. It was founded to make silver-plated items to go with Mt. Washington's glassware, which became part of Pairpoint in 1894. Silver production stopped about 1930. The value of your silver-plated baby cup is about \$15 to \$20.

CURRENT PRICES

Staffordshire plate, sailing ship, Cadmus, fishing, dark blue, floral border, 1830, 9 1/4 inches, \$95.

Lightning rod, copper, balls, bars, circles, verdigris, 112 x 20 inches, \$280. Sampler, tree of life, serpent, flower and vine border, fruit basket, animals, yellow, green, c. 1820, 16 1/2 x 16 1/2 inches, \$580.

Galle cameo vase, pink and white background, green leafy overlay, signed, 7 3/4 inches, \$830.

TIP: Spray glass cleaner on a cloth, then wipe the glass on a framed print. Do not spray the glass because the liquid may drip and stain the mat or print.

"Kovels' Antiques & Collectibles Price Guide" -- the all new 2021 edition -- is now available in bookstores nationwide and online.

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STICKELERS

by Terry Stickels

Match the word on the left with its meaning on the right.

- | | |
|----------------|--|
| 1. aegis | a. senior clergy, dignitary |
| 2. perspicuity | b. clarity, plainness |
| 3. cinnamene | c. defeat someone through trickery or deceit |
| 4. prelate | d. shelter, protection |
| 5. chouse | e. a colorless oily liquid |

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Strange BUT TRUE

* Two journalists invented Trivial Pursuit in 45 minutes after being shocked at the price of a Scrabble set.

* One person in 20 has an extra rib, and they are most often men.

* Fearing that someone would murder him in the recreation yard at Alcatraz prison, gangster Al Capone received permission to spend rec time practicing his banjo in the shower room.

* A Chinese millionaire sold canned air to people on the streets to raise awareness of air pollution. He donated the money to charity.

* Female cats are mostly right-pawed, while male cats are more frequently left-pawed.

* The universe has a color -- but it's not what you might think. Researchers at Johns Hopkins University took the average of light from over 200,000 galaxies and discovered that the universe is actually kind of beige. They dubbed the hue "cosmic latte."

* A centuries-old Japanese tradition holds that if a sumo wrestler can make your baby cry, the baby will live a healthy life! During a special ceremony, parents hand their infants to wrestlers who not only bounce the babies up and down but sometimes even roar in their faces to start the waterworks. As one mom, Mae Shige, remarked of her son at a 2014 event: "He's not a baby that cries much, but today he cried a lot for us and we are very happy about it."

* Daisies aren't just for picking or playing "He loves me, he loves me not." They're also an excellent source of vitamin C and have been said to slow bleeding, relieve indigestion, and soothe coughs.

* There are eight times as many atoms in a teaspoonful of water as there are teaspoonfuls of water in the Atlantic Ocean.

Thought for the Day: "The best revenge is to be unlike him who performed the injury." -- Marcus Aurelius

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Now here's a tip!

by Jo Ann Derson

* "I find it helpful to set calendar reminders on my phone for working out and meal prepping. I have to treat it like a job so that I'll do it. Thought that might help other people who struggle." -- S.O. in Wyoming

* "Those hide-a-key rocks can be a little obvious -- at least they are to me. I have a spare key hidden outside too, but I sealed mine in a plastic baggie and buried it in a spot known only to our family members. Also, it's not right by the door." -- I.E. in Mississippi

* Home office motivation: Preplan your outfits for daily success. When it's all too easy to roll out of bed and log on without a thought, it might help your productivity to prepare for the workday as you would have in the time of commutes and conferences. The right wardrobe choices can help you set the tone for the day.

* "When closing up our cabin for the season, we brought a box of mothballs

and scattered them around the porch perimeter. This keeps the small animals like mice and skunks from setting up shop there while no one is around." -- S.F. in Pennsylvania

* Now's a great time to start weatherstripping! Check and recaulk windows. Caulk along baseboards to deter drafts. Add insulation to electrical outlets and under sinks around plumbing. Seal it up to stay toasty this winter.

* "When temperatures fall where I live, outside exercise becomes preferred. We all know to drink lots of fluids in the blazing heat of summer, but it's important to plan your hydration when extreme sweating isn't the norm. You still need to replace fluids for optimal performance." -- T.D. in Florida

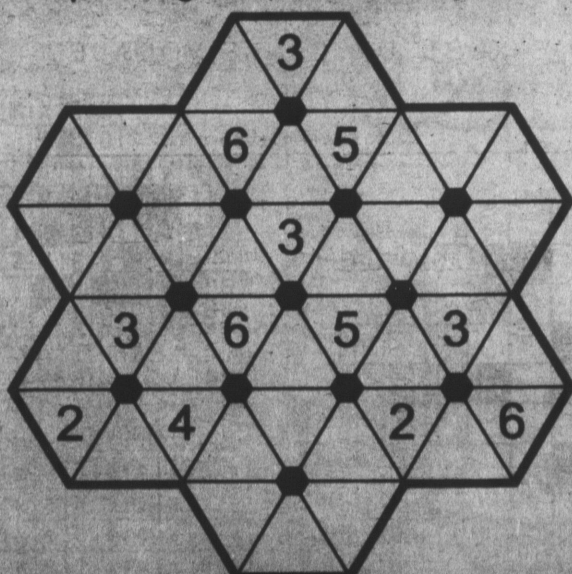
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



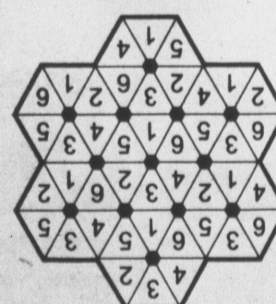
DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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SNOWFLAKES

solution



Go Figure! answers

15	8	15
17	3	8
17	+	8
	x	+
10	7	3
10	+	3
	-	6
	x	+
10	2	4
	x	1

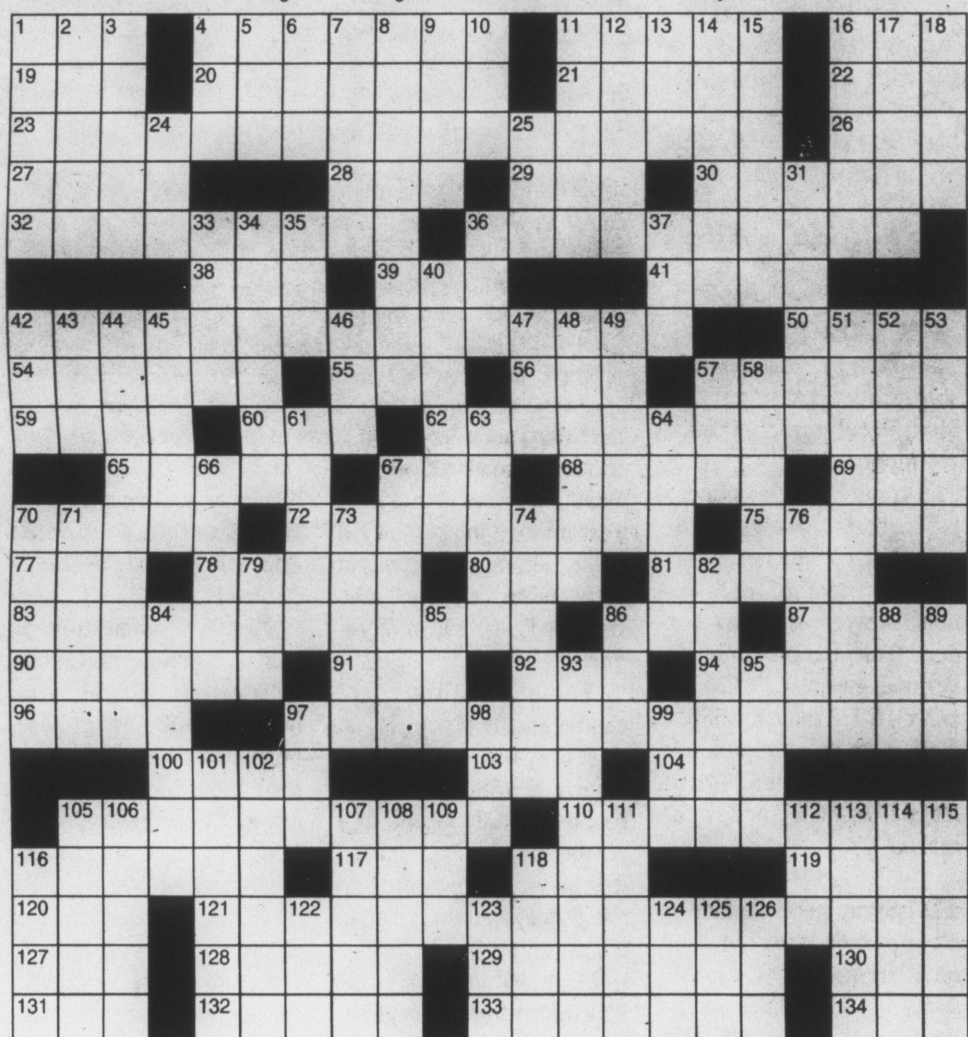
Sticklers Answer

1-d, 2-b, 3-e, 4-a, 5-c

Super Crossword

REVOLUTIONS

- ACROSS**
- 1 Mad crowd
4 Ritchie
11 Artificial
16 Jacuzzi joint
19 LAX
20 Mining stuff
21 "Ad — per aspera"
22 Formal duds for a dude
23 Some Sufi ascetics
26 Server's goal
27 Actress Garr
28 Was ahead
29 Julio's gold
30 "Much obliged"
32 Air-cooling vanes
36 Means of telling time
38 — good clip
39 Writer
41 Steed feed
42 Firestone products
50 Lots and lots
54 Gotten up
55 Technique: Abbr.
56 Feel ill
57 Gloomy
59 — mater
60 Wolf down
- 62 They succeeded
65 "Yipes!"
67 Big lug
68 Ward (off)
69 Alley hisser
70 Ax-wielding lumberjack
72 Dust devil's cousins
75 Old overlords
77 Lupino of "Jennifer"
78 "Arrow" network
80 Quarterback
81 Big printer brand
83 Carnival classics
86 Coll. email ender
87 Faint trace
90 Tax
91 "Kidnapped" author's initials
92 Choose
94 Paradisiacal
96 Talk back to
97 Planets, e.g.
100 Fill-in worker
103 Tyke
104 Pampering, for short
105 Record
106 Kids hold their horses on them
116 Tile design
- 117 German city
118 It fills la Seine
119 Et — (and others)
120 "Devious Maids" actress Ortiz
121 What 10 of this puzzle's answers do
127 Beer barrel
128 See 116-Down
129 What's often decorated for Christmas
130 "— your call"
131 Sooner than, in odes
132 One-of- (unique)
133 Bleepers of bad words
134 Tofu source
- DOWN**
- 1 Letters of the weekday
2 Actor Milo
3 Scottish tyke
4 Wee, like Abner
5 Meyers of the screen
6 — Jovi
7 Point of view
8 In a self-effacing way
9 Engendered
10 Ireland's —
Lingus
- 11 Nile capital
12 Professional org.
13 — degree
14 Soul queen
15 Beat against, as waves
16 Get up
17 NHL game
18 Lines of symmetry
24 Celery piece
25 Loudness knob abbr.
31 Actor
32 Like flimsy excuses
34 Expiated
35 Little dollup
36 Shorten
37 Wallops in the ring
40 Create a new digital image of
42 Small battery type
43 E-address
44 Sci-fi travel facilitators
45 Inedible kind of orange
46 Suffix with
116-Across
47 Answer to "Are you?"
48 Teases mercilessly
49 Give a thrill
- 51 Conductor Arturo
52 Film award
53 Jays' places
57 "Girl Code" channel
58 Dramatist Clifford
61 In — (agitated)
63 Bar none
64 Examined before robbing
66 "— a jealous mistress"
67 "1984" novelist
George
70 LP players of old
71 Plant swelling
73 Earthy hue, to Brits
74 Explorer
Hernando
76 Seeded
79 1940s pres.
82 Hopi abode
84 Speakers' platforms
85 Ending for Siam
86 Zeta follower
88 You, in German
89 Many laptops
93 British island in Polynesia
95 Film providing a factual report, for short
97 Tax-filing pro
98 Rd. relatives
99 Piece of mail: Abbr.
101 Riddle
102 Highest peak in N.Z.
105 Copier stuff
106 Application
107 Martin Van —
108 Bridges of film
109 Rhea relative
111 Moms' sisters, say
112 Cyst, e.g.
113 — Island (old immigration point)
114 Give a false story
115 Space of "The River"
116 With
128-Across, earn wages
118 Falco of TV
122 DiFranco of song
123 The Rams' gridiron gp.
124 — Magnon
125 Ending for cash
126 Abode: Abbr.



celebrity extra

by Dana Jackson

Q: What is Jim Caviezel doing these days? I really loved his portrayal of Jesus in Mel Gibson's movie years ago. -- O.S.

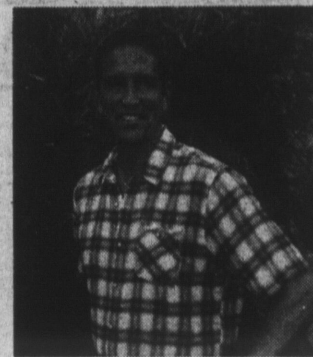
A: Jim Caviezel grew up in a Catholic family and likely caught the acting bug from his mom, as she was a theater actress. He first gained attention for his role in the war movie "The Thin Red Line." In 2004, he gained worldwide fame starring in "The Passion of the Christ." Since the mid-2000s, he has done some smaller films, but is probably recognized more for his role on the hit TV show "Person of Interest." It ran for five years on CBS and also starred Michael Emerson ("Lost") and Amy Acker ("Angel"). The 52-year-old Caviezel's current project is the action film "Infidel," which premiered in theaters in September, and the upcoming "Sound of Freedom," which is noted to be in the post-production stage and also stars Mira Sorvino. If you're keeping track of Gibson's career, he's set to direct a remake of the Sam Peckinpah film "The Wild Bunch," about a group of bandits chased by bounty hunters.

Q: Doesn't Seth Meyers, who used to do the news on "Saturday Night Live," have a twin brother who was on "Mad TV"? Is he still acting or is he doing something else these days? -- G.P.

A: Seth and his younger brother Josh may strongly resemble one another, but they're not twins. For a while they were on competing sketch comedy shows at the same time, Seth on NBC's "SNL" and Josh on Fox's "Mad TV." Seth now has his own talk show on NBC, "Late Night with Seth Meyers," while Josh is still writing and acting. He also pops up occasionally on "Late Night" doing celebrity impressions, including his hilarious Matthew McConaughey and California Gov. Gavin Newsome.

Q: Who is actress Helen Mirren married to? I always thought it was a famous director, but my husband said it's Keanu Reeves. -- P.S.

A: British actress Helen Mirren has been married to Hollywood director Taylor Hackford for more than two decades. His credits include the Oscar-nominated Ray Charles biopic "Ray," which starred Jamie Foxx, and the acclaimed "An Officer and a Gentleman," which starred Richard Gere and Debra Winger. He met Mirren while direct-



Jim Caviezel

Photo credit: Depositphotos
ing her in the drama "White Nights," about a Russian ballet dancer. However, they took their time with their relationship and didn't marry until a decade later. In fact, Mirren has said in interviews that previously she had no intention of ever walking down the aisle, but then she "met the right turnip" in Hackford, and they've been together ever since.

As for Keanu Reeves, your husband might have gotten the idea because Reeves' silver-haired girlfriend, artist Alexandra Grant, resembles Mirren. He walked the red carpet with her last spring, and online message boards lit up with questions asking if Keanu was dating Mirren. Both of these beautiful, accomplished ladies probably took this as a compliment.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-------------------------|-------------|------------------|-------------|
| 1. Neck ornament | — — — — — T | Athlete's closet | — — — — — R |
| 2. Kent or Gable | — — — A — — | Cashier | — — — E — — |
| 3. Full of energy | — — — E — — | A little husky | — — — U — — |
| 4. Addams family butler | — — — R — — | Midday meal | — — — N — — |
| 5. One BB | — — — E — — | Warehouse skid | — — — A — — |
| 6. Creed | B — — — — | Charitable aid | R — — — — |
| 7. Mr. Povich | — — — U — — | Wed | — — — R — — |
| 8. Artist's stand | — — — A — — | Ford's lemon | — — — D — — |
| 9. Kit or Johnny | — — — S — — | Milk container | — — — T — — |
| 10. Unsharpened | — — — N — — | Say on impulse | — — — R — — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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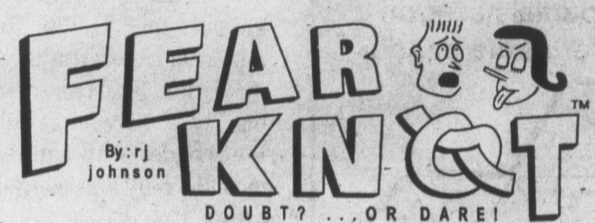
Super Crossword

Answers

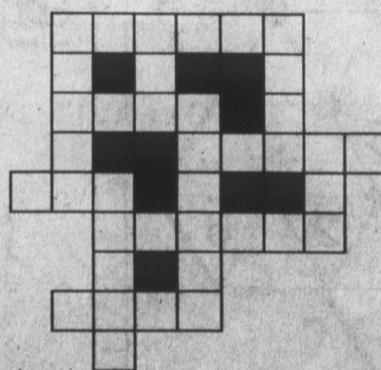


Even Exchange answers

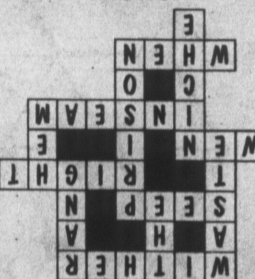
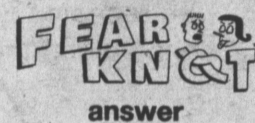
- | | |
|-------------------|--------------------|
| 1. Locket, Locker | 6. Belief, Rellief |
| 2. Clerk, Clerk | 7. Maury, Mary |
| 3. Peppy, Puppy | 8. Esel, Edsel |
| 4. Lunch, Lunch | 9. Carson, Carton |
| 5. Pellet, Pallet | 10. Blunt, Blunt |



- EHM
IRNSOP
HENIC
♥NWEH
MESIAN
HET
NAGR
♥TASEW
♥EWN
♥RHIWET
♥TRHIG
EPSE



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



OCT

15

2020

Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Defy
OLEAVIT

Oppose
STEUPID

Twirl
CEPPTER

Furtive
CRETES

TODAY'S WORD

"He's just like his father —
he loves —"

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

4	6	2	3	5	4
5	3	1	4	1	3
3	2	5	4	4	1
5	5	5	2	4	6
6	1	3	5	2	1
2	6	4	3	1	5

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Who's the Boss?

DEAR PAW'S CORNER: I know it's a running joke that cats rule people and not the other way around. But if cats can't stand people, why did they become domesticated in the first place? How did that happen? -- Trisha G., San Bernadino, California

DEAR TRISHA: While cats seem aloof and rarely fawn over people in the same way that dogs do, they do love their humans. They express their devotion in ways that are weird to us -- like quietly placing a dead mouse in front of us and sitting expectantly until their triumph is acknowledged. Or, like bumping their forehead against our hand, or even our nose. Or meowing incessantly when we're in the bathroom, worried that we will never come out.

When cats were domesticated -- scientists think that happened about 12,000 years ago -- they approached humans for much the same reasons that dogs did. There was food

available. Cats, like dogs, earned their keep: dogs by keeping watch over their humans, and cats by protecting their food. When humans developed agriculture and began storing grain, rodents became the bane of their existence. Cats, on the other hand, saw a smorgasbord of tasty rats on the menu. Over time, they became domesticated, and our symbiotic existence was cemented. Cats were revered by ancient societies, and yes, jokes about cats ruling the household are probably as old as the early Egyptian pharaohs. Their behavior -- as territorial hunters who move quietly and strike quickly -- probably did not need to change as dramatically as wild dogs' behavior had to evolve. Yet, they did become tame and companionable as well -- although much more aloof. Archaeologists and sociologists have studied the domestication of cats quite a bit, because it helps to answer many questions about ancient peoples. In a way, it helps to outline why cats today behave the way they do.

Send your questions, comments or tips to ask@pawscorner.com.

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TOP TEN VIDEO, DVD for release week of Oct. 12, 2020

- Top 10 Video Rentals
1. Ava (R) Jessica Chastain
 2. Alone (NR) Jules Willcox
 3. Blackbird (R) Mia Wasikowska
 4. The King of Staten Island (R) Pete Davidson
 5. Hocus Pocus (PG) Bette Midler
 6. No Escape (R) Holland Roden
 7. Irresistible (R) Steve Carell
 8. The 2nd (NR) Ryan Phillippe
 9. The Silencing (R) Nikolaj Coster-Waldau
 10. Sonic the Hedgehog (PG) James Marsden

Top 10 DVD, Blu-ray Sales

1. Rick and Morty: Season 4 (TV-14) Warner
2. Hocus Pocus (PG) Disney
3. The Secret: Dare to Dream (PG) Lionsgate
4. The Nightmare Before Christmas (PG) Disney
5. Beetlejuice (PG) Warner Bros.
6. Outlander: Season 5 (TV-MA) Sony Pictures
7. Halloween/Halloween II (NR) Disney
8. Harry Potter Complete 8-Film Collection (NR) Warner Bros.
9. Scoob! (PG) Warner Bros.
10. It: Chapter One (R) Warner Bros.

Source: Comscore/Media Play News

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Hitori answer

5	1	3	4	9	2
1	2	5	3	1	9
6	2	4	5	5	5
1	4	4	2	5	3
3	1	4	1	3	5
4	6	2	3	5	4

SPORTS
Today's Word
3. Precept 4. Secret
1. Violate 2. Dispute
solution
SCRAMBLERS

MORE FUN

COUCH THEATER DVD PREVIEW

From the top echelons of professional sports to the youth leagues playing at your local parks, we move heaven and earth for football. It's part of the American fabric of life. We celebrate the victories as our own, and commiserate together in defeat. This struggle, determination and drama have been memorialized on the big screen time and again. So to inspire or delight, I present eight football films for your Friday night lights and weekend tailgates.

Rudy — Arguably the greatest football movie ever made, Sean Astin stars as the pint-sized kid whose grit and heart help him realize his dream of playing football for Notre Dame.

Necessary Roughness — UT brings in a ragtag group of players — including a quarterback in his mid-30s (Scott Bakula), a grad student (Sinbad) and a kicker from the women's soccer team (Kathy Ireland) — when scandal and an undermining dean leave the college's football program with no funding.

All the Right Moves — Tom Cruise plays a high-school football phenom who plans to use a sports scholarship to escape life in a small Pennsylvania town.

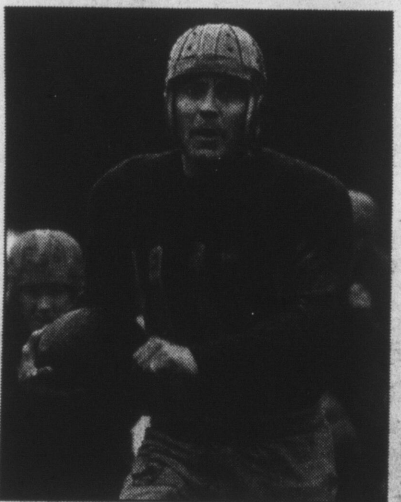
Leatherheads — A small town footballer (George Clooney) recruits Princeton's star player and war hero (John Krasinski) to save the future of the game in a sports comedy set in the 1920s.

The Longest Yard — Take your pick from the 1974 Burt Reynolds' version or the 2005 remake with Adam Sandler. Former pro Paul Crewe's hijinks get him a prison stint with a fanatic warden. In an attempt to harness Crewe's talent to coach

the guards, an exhibition game is set against a team of prisoners.

The Waterboy — Adam Sandler is at peak funny as Bobby Boucher, a high-school dropout waterboy whose rage is channeled by an underperforming team's coach (Henry Winkler) to hilarious and satisfying result.

Invincible — Mark Wahlberg stars as Vince Papale, a nice guy who is down on his luck in life when legendary coach Dick Vermeil announces open tryouts for the Eagles — and Vince unexpectedly secures a spot.



George Clooney in "Leatherheads".

The Blind Side — A soft-hearted but no-nonsense Tennessee woman opens her home and her heart to homeless youth, whose protective instincts lead him to success on the football field. Stars Sandra Bullock and based on a true, heartwarming story.

More football films: "Draft Day," "Any Given Sunday," "We Are Marshall," "Jerry Maguire," "Friday Night Lights," "Knut Rockney, All American," "Remember the Titans," "The Replacements," "Woodlawn," "Brian's Song."

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Comfort foods

Made fast
and
healthy

by Healthy Exchanges

Awesome Apple Crisp

Try this easy dessert and see if you don't agree it's "just awesome."

- 2 cups (4 small) cored, peeled and sliced cooking apples
- 1 teaspoon apple-pie spice
- 1/4 cup quick oats
- 6 tablespoons reduced-fat baking mix
- Granular sugar substitute to equal 1/4 cup sugar, suitable for baking
- 4 teaspoons reduced-calorie margarine

1. In a medium bowl, combine apples and apple-pie spice. Evenly spoon mixture into 4 (10-ounce) microwavable custard cups. In same bowl, combine oats, baking mix, sugar substitute and margarine. Mix well until crumbly. Evenly sprinkle crumb mixture over apples.

2. Microwave on HIGH (100% power) for 8 to 10 minutes or until apples are tender. Let set for at least 5 minutes. Good warm or cold. Makes 4 servings.

• Each serving equals: 102 calories, 2g fat, 2g protein, 19g carb., 149mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Starch, 1/2 Fat.

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1. What group released "Sugar Pie, Honey Bunch"?
2. Name the album that included "With a Little Help from My Friends."
3. The Dovells created two dance crazes. One was the Bristol Stomp. What was the other one?
4. Who wrote and released "Rock and Roll Is Here to Stay"?
5. Name the song that contains this lyric: "Some things stay the same and some are due for change, I thought I had them all nailed down."

Answers

1. The Four Tops. The song hit No. 1, was bounced from the top slot by the Byrds, climbed back up, and was demoted again, this time by the Rolling Stones, all in the summer of 1965.
2. The Beatles' "Sgt. Pepper's Lonely Hearts Club Band," 1967. Other songs include "Getting Better" and "Lovely Rita."
3. The New Continental (1962). The song was used in the film "Hairspray" for a brief scene.
4. Danny and the Juniors, in 1958. It was written after some radio stations started smashing rock and roll records.
5. "Everything Your Heart Desires," by Hall & Oates in 1988. The single, from their "Ooh Yeah!" album, went to No. 3 on the charts, but was the duo's last Top 10 entry.

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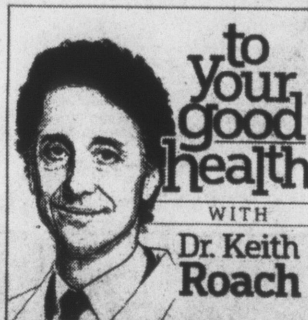
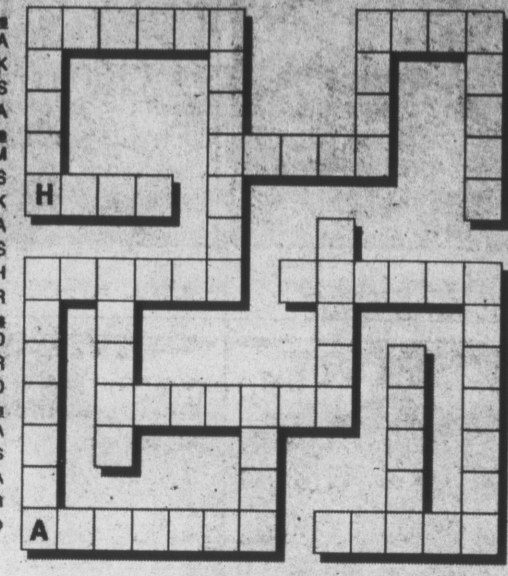
Puzzles4Kids

by Helene Hovanec

CRISPCROSS — "LA" WORDS

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

- 4 Letters: HULA, LARK, LASS, LAVA
- 5 Letters: ALARM, ATLAS, BLANK, KOALA, LAKES, LAUGH, MOLAR
- 6 Letters: GLAZED, LAWYER, POLAND
- 7 Letters: ATLANTA, DOLLARS, GRANOLA, REGULAR, RELAYED



Chest CT Can't Replace Screening Mammogram

DEAR DR. DONOHUE: I am due to have a mammogram in July, but around the same time I am supposed to have a chest CT as a follow-up to my chondrosarcoma cancer. I have a CT every other year, and an X-ray on the opposite years of both my affected arm and my lungs. Does a chest CT have the potential of showing a similar finding as a mammogram? I would just as soon not have to expose myself to so much radiation all in one month. I'm 66. There is a history of post-menopausal breast cancer in my family, in my mother's mother. — T.M.H.

ANSWER: A mammogram is an X-ray that is designed specifically to look for abnormalities in breast tissue. Mammograms have been extensively studied and proven to reduce mortality in women between the ages of 50-74 (outside these ages, there remains extreme controversy).

CT scans are X-rays taken from many angles and then reconstructed in a computer to provide a look at many slices of the part of the body being looked at. A CT scanner can be set to emphasize bones or soft tissue, and work is ongoing now with CT scans designed specifically for breast abnormalities. The CT scan you get as follow-up to your chondrosarcoma (a rare cancer of cartilage) is designed to look in lung tissue for abnormalities, and has not been evaluated as a means of screening for breast cancer, although I do know that some may be found anecdotally.

The CT scans you get as a part of your cancer follow-up are not an adequate substitute for ongoing mammography, which is particularly important in your case due to a family history. I do understand the concern about radiation, but a mammogram has very little radiation — approximately the same you would get from natu-

rally occurring radiation sources in seven weeks of walking around.

DEAR DR. ROACH: I read a news report that vasectomy increases risk of prostate cancer. Should men avoid this procedure due to concern for prostate cancer? — T.S.V.

ANSWER: Several studies have looked at this possibility, and the results are conflicting. A 2014 study of about 50,000 U.S. men showed an increase of about 15% in the risk of fatal prostate cancer, but a 2016 study of 360,000 U.S. men showed no increase in risk. In June 2019, a study of over 2 million Danish men showed a 15% increase in overall prostate cancer risk. To put the risk in perspective, about 500 men would need to have a vasectomy for one additional man to get prostate cancer, in the Danish study. It is not clear that the vasectomy caused the prostate cancer.

It is possible that there is something about men who choose vasectomy that puts them at higher risk to begin with; however, the authors were unable to find a known risk factor to support that possibility.

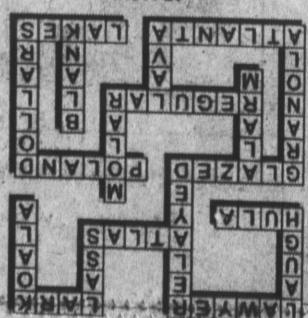
Even if vasectomy does lead to an increased risk of prostate cancer, it still has similar or lower overall risk than other forms of birth control, and is a good choice for a man who is absolutely sure he does not want to father any more children, as a vasectomy should be considered permanent. Attempting reversal is possible, but there is no guarantee of success.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer



Contract Bridge

FAMOUS HAND

South dealer.

Neither side vulnerable.

NORTH
♦ K J 8 6 4
♥ Q 7 4 2
♠ A K 8 3

WEST

♦ A

♥ A K J 10

♦ Q 4

♣ K Q 9 8 6 2

EAST

♦ 7 2

♥ 9 6 5 3

♠ J 10 9 6

♣ 7 5 3

SOUTH

♦ Q 10 9 5 3

♥ 8

♠ 7 5 2

♣ A J 10 4

The bidding:

South	West	North	East
Pass	1 ♣	Dble	Pass
2 ♣	3 ♥	4 ♣	4 NT
Dble	5 ♣	5 ♠	Pass
Pass	Dble		

Opening lead — ace of hearts.

This deal occurred in the semifinal of the 1996 United States Open Team trials. The match brought together two powerhouse squads captained by Howard Weinstein of Chicago and Zia Mahmood of New York.

The final contract was five spades doubled at both tables, but only one of the declarers got home safely.

At the first table, Michael Rosenberg of the Zia team wound up as declarer

after the auction shown. The bidding was relatively straightforward up to East's four-notrump bid, which asked West to choose a suit for the purpose of sacrificing against four spades.

West, Bruce Ferguson, led the heart ace and cashed the spade ace. He then exited with the king of clubs, a play that would have been harmless on most occasions, but not this one.

Rosenberg won the club king with the ace, discarding a diamond from dummy, drew a second round of trump and led the jack of clubs. West covered with the queen, ruffed in dummy, and declarer subsequently discarded another diamond from dummy on the ten of clubs. Rosenberg then made the rest of the tricks on a crossruff for plus 650.

At the other table, North rather than South wound up as declarer at the same contract, and East led the jack of diamonds. Declarer, Steve Weinstein, won the ace and conceded a spade to the ace. Lew Stansby, West, then cashed the heart king and exited with the diamond queen. Weinstein won with the king, but, without any assistance from West in the club suit, he could not avoid a diamond loser at the end and finished down one, minus 100.

The combined pickup of 750 points for Zia's team gave it a 13-IMP gain on the deal and helped put the team into the final.

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by Steve Becker

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Want to pick up a copy of The Quincy Sun? Here are stores in Quincy that sell it on their newsstands:	GOODIE'S STORE 1250 Hancock St., Presidents Place NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station HANCOCK MARKET 5 Cottage Ave. MIGNOSA'S FRUIT BASKET 138 Granite St. STAR MARKET 130 Granite St.. WALGREENS 132 Granite St. HANCOCK PARK LOBBY SHOP 164 Parkway FRANKLIN ST. BP 60 Franklin St. 7-11 78 Franklin St. SHOP N SAVE LIQUORS 20 Independence Ave. DONUT + DONUTS + MUFFINS 33 Scammell St. PRESIDENTIAL LIQUORS 25 Scammell St. ADAMS VARIETY 22 Independence Ave. DAILY MART 291 Quincy Ave. ROCHE BROTHERS The Falls WALGREENS 418 Quincy Ave. WALGREENS 550 Adams St.	ARTERY GROCERY 1000 Southern Artery 7-11 495 Washington St. DAIRY FARM 330 Washington St. 7-11 230 Washington St. STOP & SHOP Southern Artery CVS Southern Artery VILLAGE COMM. MARKET 100 Willard St. COPELAND LIQUORS 273 Copeland St. GRANITE MART 308 Willard St. 7-11 Copeland St. JOE'S PLACE 260 Centre St. CORNER FOOD MARKET 1060 Hancock St. 200 FOOD MART 200 Sea St. ADAMS SHORE SUPERMARKET 494 Sea St. PALMER STREET MARKET 231 Palmer St. BERNIE'S GENERAL STORE 1147 Sea St. WEST ELM VARIETY 139 W. Elm Ave.	7-11 721 Hancock St. BEALE ST. NEWS AND TOBACCO 17 Beale St. CVS 42 Beale St. COFFEE BREAK CAFE 12 Old Colony Ave. SUPREME LIQUORS 615 Hancock St. MULLANEY'S VARIETY 205 W. Squantum St. STOP & SHOP 65 Newport Ave. 7-11 363 Hancock St. WALGREENS 324 Hancock St. SAM'S VARIETY 125 Billings Rd. LUCKY'S WINE & LIQUOR 66 Newbury Ave. ATLANTIC MARKET & LIQUORS 247 Atlantic Ave. CARMINE'S CAFE 69 Huckins Ave. 7-11 751 E. Squantum St. LUCKY SHAMROCK 265 Beale St. ANDRE'S STORE 20 Brook St. EVEREST MARKET 121 Standish Ave. QUINCY MARKET 33 Washington St. 5 CORNER FOOD MART 163 Newbury Ave.	THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA J.D. Prayer to the Blessed Virgin (Never known to fail!) Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this necessity. Oh Star of the Sea, help me and show me herein you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech thee from the bottom of my heart to succor me in my necessity (make request). There are none that can withstand your power. Oh Mary, conceived without sin, pray for us who have recourse to thee (three times). Holy Mary, I place this cause in your hands (three times). Say this prayer for three consecutive days and then you must publish and it will be granted to you. <i>Thank you, K.M.D.</i> Help local schools and our environment - Put used fabrics, worn out shoes into bins at school parking lots! \$ supports PTOC HAPPY 75TH BIRTHDAY TO OUR HERO AND AMAZING NANA, EILEEN MENZ! LOVE, KBSJSJPAHSON MISCELLANEOUS FOR SALE: Privacy Hedges - 6ft tall Green Giant Arborvitae, FALL BLOWOUT SALE \$69 ea. FREE Planting & FREE Fall delivery, Limited Supply! ORDER NOW: 518-536-1367 www.lowcostreefarm.com	

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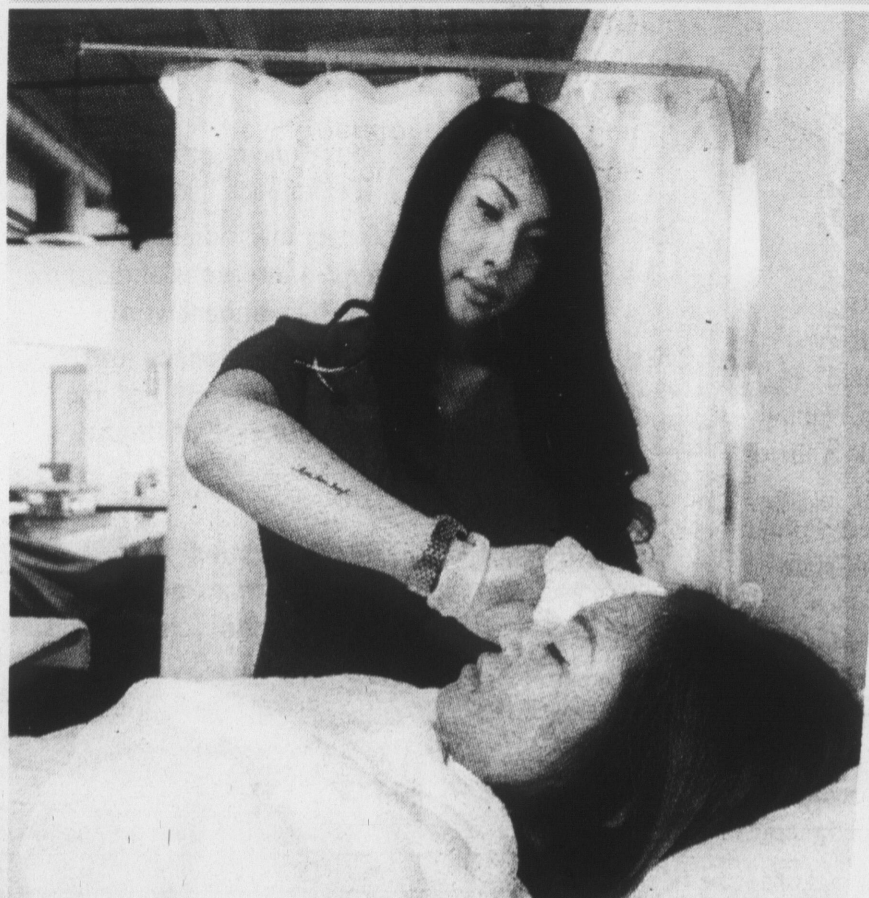
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